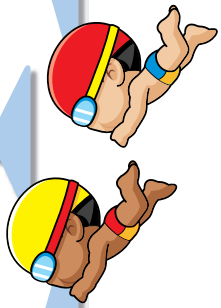


MONTGOMERY COUNTY

Montgomery County
RECREATION
DEPARTMENT

**Montgomery
Parks**
M-N C P P C

GUIDE



RECREATION AND PARK PROGRAMS | SUMMER
2008

Make a
Splash
this
Summer



From the County Executive



OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

Summer 2008



Dear Montgomery County Resident:

As you look through the Summer 2008 Recreation and Parks Guide, you will find classes, activities and special events for all ages and interests. Our Recreation and Parks departments have done an outstanding job of putting together an interesting line-up of classes, activities and summer camp programs.

County residents are invited to join us on Wednesday, June 4 when we remember and honor the late County Council member Marilyn Praisner by officially renaming the Fairland Community Recreation Center the Marilyn J. Praisner Recreation Center. We will also rename the Fairland Library, directly adjacent to the recreation center, the Marilyn J. Praisner Library. Ms. Praisner's love of learning, children, books and community are the very reasons why we are placing her name on these two important community resources.

I want to call special attention to one of the new camps being offered this summer – "Go Green: Reduce, Reuse, Recycle." Campers will explore personal responsibility for the Earth and learn how to assess our impact on the environment while learning environmentally responsible behaviors by studying recycling, composting and waste reduction.

Again this summer, I invite you to join us on July 4 at one of two locations as the County celebrates Independence Day. Germantown Glory and Wheaton Sparkles will both offer a spectacular display of fireworks.

And, finally, take time to explore some of the great natural resources and outdoor activities available in our area. If you're an active adult 55 or older, sign up to hike Gunpowder State Park or spend a fun day at Sandy Point State Park.

Have a happy, healthy and relaxing summer. I look forward to seeing many of you around the county.

Sincerely,

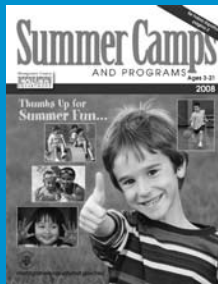
A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett
County Executive

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Registration for Summer Recreation Classes begins on Monday, May 12.



Jump In!
Swim Lesson
registration
begins on
May 14th.



Summer Camps & Programs
listing inside, see page 63

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as large print, electronic format, ASL or cued speech) in order to participate, please call a Main-stream Facilitator (240-777-4925) to discuss your needs.

Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

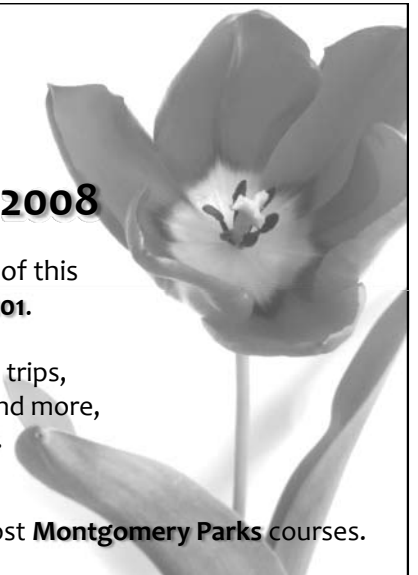


Summer Programs 2008

The **Montgomery Parks** section of this Program Guide begins on page **101**.

Check it out to find great courses, trips, special events, Summer Camps, and more, all offered by **Montgomery Parks**.

Registration begins **May 15** for most **Montgomery Parks** courses.





Summer Healthy CHOICES

Sports Drinks...What to know for your Warm Weather Activities

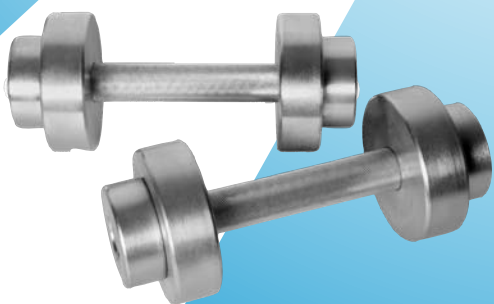
If you're physically active, sports drinks can be a quick way to stay hydrated. But, if you're less active, consuming sports drinks can add extra sugar, calories and sodium to your diet. If you take multivitamins or have to watch your sugar intake there are a few things you should know about sports drinks and fitness waters.

All sports drinks are not the same. A sports drink has more sugars; fitness waters are sweetened with artificial sweeteners and have fewer calories. The former should be used if you are participating in activities for long periods of time and/or in the heat, and the latter can be a substitute if you don't like water or don't drink enough daily.

Water is best. But, if you prefer a little flavor with your drink, look for fitness waters with crystalline fructose, or sugar substitutes like Splenda, (always avoiding high-fructose corn syrup). They will provide some taste while keeping you hydrated.

Last but not least, check the serving size and label. Sports drinks and fitness waters contain more than one serving (on average 2.5 servings), which can easily equate the drink's calories and/or sugar to your average can of soda. Also, fitness waters contain added vitamins and minerals, so make sure you are not exceeding your nutrient needs.

Just remember, these drinks have *no* purpose if you are watching a game or eating a fast food meal...***If you are not in motion, drink water and save the extra calories for something you can chew.***





1 Bang a drum! Ring a bell!

Discovering Music for Toddlers introduces your toddler to the joy of music! See page 58.

2 Red. White. Dry. Sweet.

Cook up a tasty meal, pair it with the perfect wine, and enjoy. Wine and Dine classes listed on page 46.



3 CU 2NITE

at the Under-21 Pool Party.

Montgomery County Middle and High School Students only. Swim or play games while the DJ spins your favorite tunes. Details on page 36.



4 Canoe through a wildlife sanctuary,

or bicycle through St. Michael's. Our Senior Outdoor Activities in Recreation program has many exciting trips planned for you to enjoy this summer. See page 83.



5 Learn to ollie onto a grind box!

Skateboarding classes focus on safety, fundamental skills, and fun! Our classes are radical, dude! See page 56.

6 Be Cool

at the Splash Playground at South Germantown Regional Park (page 140).



7 Left, left, left, right, left.

We offer the nationally famous "Sergeant's Program" – a back to basics, military-style fitness program. Stop making excuses and get out there and do it!! Can you handle it? See page 53.



8 Add a little sparkle to your life!

It's easy to make beautiful earrings, bracelets, and other jewelry. We teach you the basics so you can make your own, one-of-a-kind creations. See page 41.



9 Float your boat...

along with swimming and diving areas, our pools have water flumes, spray features, kiddie slides, fountains, and even a circular Lazy River to float the day away. Check out the pool near you today! See page 6.



10 Go Fourth and Sparkle.

Celebrate the Fourth of July with sssss, boom, aaaaaaah, spectacular fireworks! Join us at Mid-County Sparkles or Germantown Glory. See inside back cover for details.



11 Update your B-boy stance.

Learn the steps, get into the music and start to hip hop! Classes listed on page 43.

12 Have S'more Fun

Go camping at Little Bennett Campground (page 121).



2008

MARYLAND SENIOR OLYMPICS



To participate is to win!



Come join your fellow athletes in Olympic activities including Archery, Badminton, Basketball, Billiards, Bowling, Cycling, Football, Frisbee and Softball Throw, Golf, Horseshoes, Lawn Bowling, Line Dancing, Racquetball, 5k and 10k Road Races, Shuffleboard, Softball, Swimming, Table Tennis, Track and Field, Tennis.

Participation in the Maryland Senior Olympics is open to Maryland residents 50 years of age or older. Competitions will be held between September 1, 2008 and November 7, 2008 throughout the State of Maryland.

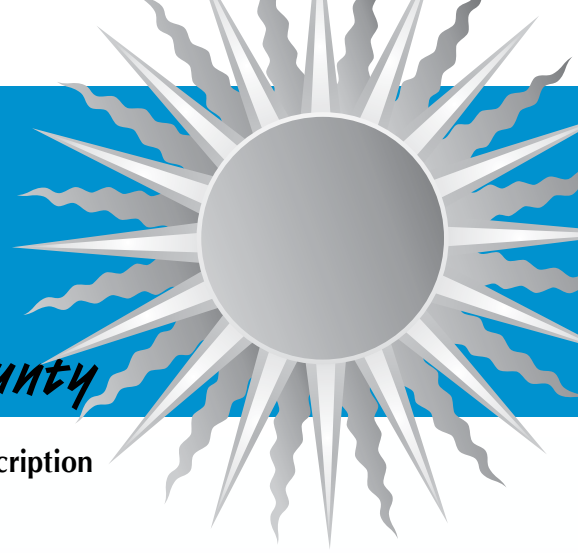
The Olympic events are separated into Men's and Women's age group Divisions. Gold, Silver and Bronze medals will be awarded within each division and age category.

For Registration and Event information please go to our web site, www.mdseniorolympics.org, email info@mdseniorolympics.org, call 240-777-8080 or mail to: Maryland Senior Olympics
12900 Middlebrook Road Germantown, Maryland 20874.

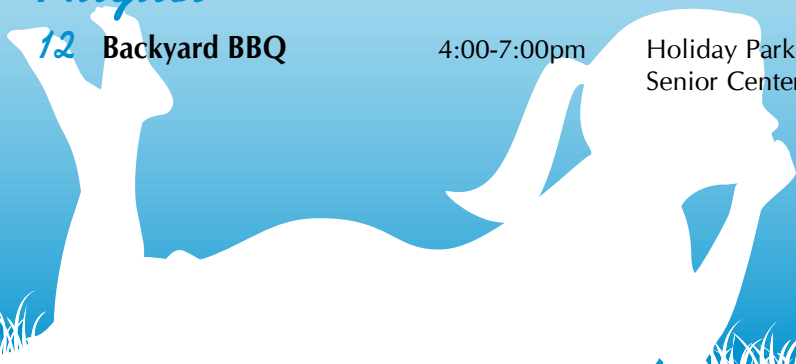


Out & About

Recreation Happenings Around the County



Date	Name of Event	Time	Location	Fee	Description
<i>May</i>					
10	Asian American Health Initiative	1:00-3:00pm	Gilchrist Center	Free	Indonesian Community free health and wellness information; topics include Cancer, Diabetes, Blood pressure, and Osteoporosis.
<i>June</i>					
1	In Pursuit of the Goddess	3:00-5:00pm	Schweinhaut Senior Center	\$5	Sutradhar Institute of Dance & Related Arts presents a unique exploration of the divine feminine through dance.
30	Baltimore Symphony Orchestra	1:15pm	Holiday Park Senior Center	Free	Music by the Monument Piano Trio - a piano, cello and violin trio that will delight your musical senses.
<i>July</i>					
5	County Wide Pool Party Wheaton/Glenmont Germantown Outdoor MLK Outdoor Western County Outdoor	8:30-11:00pm	Various Pools	\$3	Teens can swim, play games, win prizes and listen to the DJ play their favorite music. For Montgomery County Middle & High School students ages 12-19.
11					
18					
25					
12	Blue Crab Boogie	7:00-10:00pm	Holiday Park Senior Center	\$5	Celebrate Maryland and National Therapeutic Recreation Week with a "Boogie-Woogie" fun dance. DJ and light refreshments included.
13	Early Ford V8 Club of America Car Show	8:00am-2:00pm	Longwood CC	Free	18th Annual show with antique and classic cars on display.
<i>August</i>					
12	Backyard BBQ	4:00-7:00pm	Holiday Park Senior Center	\$10	Join us for grilled hotdogs and hamburgers, games and music. Bring a yard chair and sunscreen. Ages 15 and older, with disabilities.



AQUATICS

The Department of Recreation operates four indoor swimming pools and seven outdoor pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. You may obtain information regarding schedules and hours of operation of each pool by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other programs are available at each pool, and may be registered online through our web site, or see registration information on page 15.

Outdoor Pools

Outdoor Pool phones will not be answered until May 24.

Bethesda Pool **301-652-1598**
Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), 6-lane 25-meter lap pool, a teach pool, a tot pool, bathhouse, snack bar and lawn areas with shade structures.

Germantown Outdoor Pool **301-601-1690**
18905 Kingsview Road (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

Long Branch Pool **301-431-5700**
8700 Piney Branch Road (1 block south of University Blvd.), Silver Spring
Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

Martin Luther King Jr. Outdoor Pool **301-622-1090**
1201 Jackson Road, Silver Spring

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

Wheaton/Glenmont Pool **301-929-5460**
12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton
Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

Upper County Outdoor Pool **301-840-2446**
8211 Emory Grove Road (at Route 124), Gaithersburg
Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

Western County Outdoor Pool **301-349-2217**
20151 Fisher Avenue, Poolesville
Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.

Schedule of Outdoor Pool Operations

Pre-season Schedule: (May 24-June 6) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day). Weekdays, the pools are **closed** from May 27-June 6.

Summer Season: June 9-August 14, Weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at 1:00pm on weekdays (12:00pm at Western only) and generally ends at 8:00pm. On weekends, the pools open at 12:00noon and close at 8:00pm. From June 9 into August, Bethesda Pool will have an Early Bird Lap Swim on weekdays from 8:30am until 10:30am. Check schedule at the pool. Long Branch Pool and Upper County Pool will be closed on Fridays. All pools close at 6:00pm on July 4th.

Post Season: (August 15-Labor Day) MCPS starts school on August 25. Some pools will close as of August 22, while others operate on limited days and hours. Schedules will be posted at each pool. Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

Recreational Swim Fees

County Minors: \$4.00

County Seniors (55+) with ID: \$4.50

County Adults: 18-54 yrs old: \$6.00

Twilight Fees (after 5:30pm): All fees reduced
Non-County Resident Fees are higher

Discount admissions are available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

Summer Pool Passes: In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$275, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years old residing at the same address. Add \$20.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$195. Program and pass information, as well as admission costs will be available at the county libraries, community centers, and indoor pools after May 1.

Pass application forms may be obtained online or will be mailed from the Recreation Department upon request. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools.

PROGRAMS

Indoor Pools

Germantown Indoor Swim Ctr (GISC) 240-777-6830
18000 Central Park Circle, Boyds
(South Germantown Recreational Park)

Includes a 25-meter by 25 yard competition pool, a recreation pool and a leisure pool, as well as two spas, a weight and exercise room, all-purpose room and locker/shower facilities. The competition pool also includes two one-meter and two three-meter diving boards, plus multiple level water slides.



Martin Luther King, Jr Swim Ctr (MLK) 301-989-1206
1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)
Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards, a separate teach pool with shallow water for easy access, 2 spas, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center (MAC) 301-468-4211

5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)
Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a leisure pool, two spas, an interior water slide, a weight and exercise room, locker and shower facilities, and saunas.



Olney Indoor Swim Center (OSC) 301-570-1210
16605 Georgia Avenue, Olney
(in the Olney Manor Park)
Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow free form leisure pool, two spas, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Swimming Instruction

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. **PLEASE REGISTER ACCORDINGLY.**

See *Swim Lessons*, beginning on page 13.

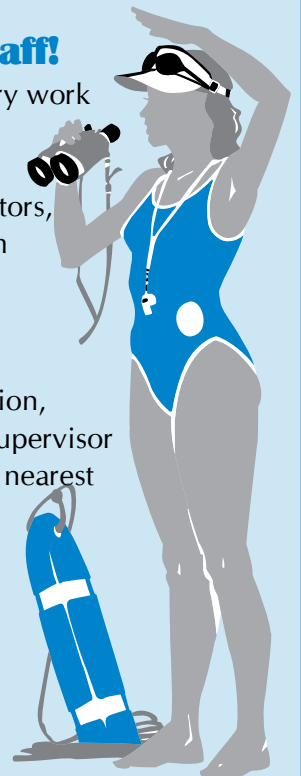
Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family or Individual Pool Pass. Drop by or call the pool nearest you to receive information on schedules, admission fees, and pass prices, or check our website. Groups of more than 6 persons must contact the pool management for additional information. Ask the Cashier about Punch 12 Discount Cards.

Now Hiring Part Time Staff!

Part-time temporary work is available at the indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available.

For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Website Information

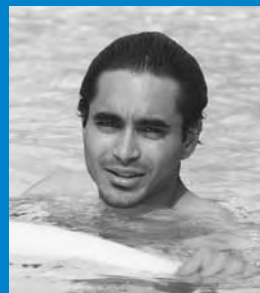
Information about Montgomery County Recreation Department pools is available on the Montgomery County website. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), Masters Swim Training, Montgomery Dive Club, Water Fitness Classes, and Swim Team.

Go to a web browser and enter: www.montgomerycountymd.gov/rec
Select the Programs link, then select the Aquatics Programs link.

Links to most schedules are listed under each pool's entry. The link to Water Fitness schedules is at the bottom of the page.

Indoor Pool Rentals-Parties

GISC, MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.



Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission.
- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488 wellnet1@aol.com
 Waterworks: Sally Dimsdale 301-593-1609 sallyswaterworks@msn.com
 H2O Fitness: Peggy Brower 301-603-1328 browsers4@aol.com

Against the Current

A Power water walking class that walks against the current in the OUTDOOR lazy river. Lo-impact with high intensity that will sculpt the inches. Shoes are a must, gloves are recommended and can be purchased from instructor. Dyna bands will be provided for upper body strength training in this co-ed class. Class enters/exits through the indoor facility.

9 Sessions \$48

Instructor: Peggy Brower
 217248 ML King Outdoor 6/16 M 9:30am-10:20am
 217249 ML King Outdoor 6/18 W 9:30am-10:20am

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions \$48

Instructor: Peggy Brower
 216898 ML King SwC 6/2 M 9:30am-10:20am
 216899 ML King SwC 6/4 W 9:30am-10:20am

Aqua Core Power

Aerobic workout focusing on the core, building stamina and strength. Improvements will be made in posture, balance and muscle tone. Strength training is a part of this class. Gloves are recommended and can be purchased from the instructor.

9 Sessions \$48

Instructor: Peggy Brower
 216903 ML King SwC 6/3 Tu 8:30am-9:20am
 216904 ML King SwC 6/5 Th 8:30am-9:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for crosstraining and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

9 Sessions \$48

Instructor: Peggy Brower
 216916 Germantown In SwC 5/27 Tu 8:30pm-9:20pm
 216919 Germantown In SwC 5/28 W 10:30am-11:20am
 216917 Germantown In SwC 5/29 Th 8:30pm-9:20pm

Instructor: Sally Dimsdale
 216947 Germantown In SwC 5/31 Sa 9:30am-10:20am

Instructor: Network, Inc Wellness
 216930 Germantown In SwC 5/19 M 7:30pm-8:20pm
 216933 Germantown In SwC 5/27 Tu 9:30am-10:20am
 216934 Germantown In SwC 5/28 W 8:30pm-9:20pm
 216935 Germantown In SwC 5/29 Th 9:30am-10:20am

Instructor: Peggy Brower
 216907 ML King SwC 6/2 M 1:00pm-1:50pm
 216911 ML King SwC 6/3 Tu 7:30am-8:20am
 216909 ML King SwC 6/4 W 1:00pm-1:50pm
 216912 ML King SwC 6/5 Th 7:30am-8:20am
 216915 ML King SwC 6/7 Sa 9:00am-9:50am

Instructor: Sally Dimsdale
 216937 Montgomery AqC 6/2 M 8:30am-9:20am
 216938 Montgomery AqC 6/2 M 1:30pm-2:20pm
 216939 Montgomery AqC 6/3 Tu 10:00am-10:50am
 216945 Montgomery AqC 6/3 Tu 7:30pm-8:20pm
 216940 Montgomery AqC 6/4 W 8:30am-9:20am
 216941 Montgomery AqC 6/4 W 1:30pm-2:20pm
 216942 Montgomery AqC 6/5 Th 10:00am-10:50am
 216946 Montgomery AqC 6/5 Th 7:30pm-8:20pm
 216943 Montgomery AqC 6/6 F 8:30am-9:20am
 216944 Montgomery AqC 6/6 F 1:30pm-2:20pm
 216913 Bethesda Pool 6/15 Su 8:00am-8:50am
 216914 Bethesda Pool 6/16 M 8:00pm-8:50pm
 216920 Bethesda Pool 6/18 W 8:00pm-8:50pm

Instructor: Network, Inc Wellness
 216928 Olney SwC 6/2 M 7:00pm-7:50pm
 216931 Olney SwC 6/2 M 6:30am-7:20am
 216908 ML King SwC 6/3 Tu 7:00pm-7:50pm
 216921 Olney SwC 6/3 Tu 8:00pm-8:50pm
 216922 Olney SwC 6/3 Tu 8:30am-9:20am
 216926 Olney SwC 6/3 Tu 10:30am-11:20am
 216929 Olney SwC 6/4 W 7:00pm-7:50pm
 216932 Olney SwC 6/4 W 6:30am-7:20am
 216910 ML King SwC 6/5 Th 7:00pm-7:50pm
 216923 Olney SwC 6/5 Th 8:00pm-8:50pm
 216924 Olney SwC 6/5 Th 8:30am-9:20am
 216927 Olney SwC 6/5 Th 10:30am-11:20am
 216925 Olney SwC 6/6 F 6:00pm-6:50pm
 217048 Olney SwC 6/7 Sa 9:00am-9:50pm



Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions **\$48**

Instructor: Network, Inc Wellness

217535	Germantown In SwC	5/19	M	8:30pm-9:20pm
217146	Germantown In SwC	5/28	W	7:30pm-8:20pm

Instructor: Sally Dimsdale

217139	Montgomery AqC	6/2	M	9:30am-10:20am
217135	Montgomery AqC	6/3	Tu	8:30am-9:20am
217137	Montgomery AqC	6/4	W	9:30am-10:20am
217136	Montgomery AqC	6/5	Th	8:30am-9:20am
217138	Montgomery AqC	6/6	F	9:30am-10:20am

Instructor: Network, Inc Wellness

217140	Olney SwC	6/3	Tu	7:00pm-7:50pm
217142	Olney SwC	6/3	Tu	9:30am-10:20am
217145	ML King SwC	6/3	Tu	8:00pm-8:50pm
217141	Olney SwC	6/5	Th	7:00pm-7:50pm
217143	Olney SwC	6/5	Th	9:30am-10:20am
217147	ML King SwC	6/5	Th	8:00pm-8:50pm

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions **\$48**

Instructor: Sally Dimsdale

217252	Montgomery AqC	6/2	M	11:00am-11:50am
217253	Montgomery AqC	6/4	W	11:00am-11:50am
217254	Montgomery AqC	6/6	F	11:00am-11:50am

Instructor: Network, Inc Wellness

217255	Olney SwC	6/2	M	10:00am-10:50am
217250	ML King SwC	6/3	Tu	10:30am-11:20am
217256	Olney SwC	6/4	W	10:00am-10:50am
217251	ML King SwC	6/5	Th	10:30am-11:20am
217257	Olney SwC	6/6	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions **\$48**

Instructor: Peggy Brower

217274	Germantown In SwC	5/19	M	9:30am-10:20am
217272	Germantown In SwC	5/27	Tu	7:30pm-8:20pm
217275	Germantown In SwC	5/28	W	9:30am-10:20am
217273	Germantown In SwC	5/29	Th	7:30pm-8:20pm

Instructor: Peggy Brower

217269	ML King SwC	6/2	M	8:30am-9:20am
217270	ML King SwC	6/4	W	8:30am-9:20am
217271	ML King SwC	6/6	F	8:30am-9:20am

Instructor: Sally Dimsdale

217277	Montgomery AqC	6/2	M	8:30pm-9:20pm
217278	Montgomery AqC	6/3	Tu	11:30am-12:20pm
217281	Montgomery AqC	6/3	Tu	8:30pm-9:20pm
217279	Montgomery AqC	6/4	W	8:30pm-9:20pm
217280	Montgomery AqC	6/5	Th	11:30am-12:20pm

Instructor: Network, Inc Wellness

217284	Olney SwC	6/2	M	8:00pm-8:50pm
217286	Olney SwC	6/2	M	9:00am-9:50am
217282	Olney SwC	6/4	W	9:00am-9:50am
217285	Olney SwC	6/4	W	8:00pm-8:50pm
217283	Olney SwC	6/6	F	9:00am-9:50am

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions **\$48**

Instructor: Peggy Brower

216906	Germantown In SwC	5/30	F	9:30am-10:20am
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Instructor: Peggy Brower

216905	ML King Outdoor	6/20	F	10:00am-10:50am
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Land-Based Instruction

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body.

9 Sessions **\$48**

Instructor: Sally Dimsdale

217261	Montgomery AqC	6/3	Tu	6:30pm-7:20pm
217262	Montgomery AqC	6/5	Th	6:30pm-7:20pm
217260	Montgomery AqC	6/6	F	7:30am-8:20am

Cardio Sculpting

Cardio Sculpt focuses on strengthening the core and sculpting the rest of the body. Balls, bands, weights and gliding disk are some of the toys used in class. Balls and mats are needed in class. Balls can be purchased from the instructor for \$20.00.

9 Sessions **\$48**

Instructor: Peggy Brower

217267	ML King SwC	6/5	Th	10:00am-10:50am
217268	ML King SwC	6/7	Sa	9:00am-9:50am

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions **\$69**

Instructor: Sally Dimsdale

217266	Germantown In SwC	5/31	Sa	8:30am-9:30am
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Instructor: Network, Inc Wellness

217264	Olney SwC	6/3	Tu	7:00pm-8:00pm
217265	Olney SwC	6/5	Th	7:00pm-8:00pm
217263	Olney SwC	6/7	Sa	9:00am-10:00am



Competitive Programs

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Summer practice may change due to scheduling conflicts. The Spring/Summer session of RMSC runs to the beginning of August, 2008.

GERMANTOWN INDOOR SWIM CENTER

For information contact Pam Ambrose at 240-777-6830 or Pam.Ambrose@montgomerycountymd.gov.

ADVANCED JUNIORS Spring/Summer (211254)\$520

Monday	6:00pm-7:30pm
Tuesday	5:30pm-6:30pm
Thursday	6:30pm-7:30pm
Friday	5:00pm-6:30pm
Sunday	7:00am-8:00am

Recommended attendance: 3-5/week.

ADVANCED SENIORS (211256) Spring/Summer \$630

Monday	3:30pm-5:30pm
Tu, Th	3:30pm-5:00pm
Wednesday	4:45am-6:15am
Friday	3:30pm-5:15pm
Saturday	5:30am-7:30am

* Required practice. Minimum practices required: 5/week.

NDG (211257) Spring/Summer \$630

Tu, W	6:00pm-7:30pm
Thursday	5:00pm-6:30pm
Friday	5:15pm-6:30pm
Saturday	7:00am-9:00am

Minimum practices required: 5/week.

NTG (211258) Spring/Summer \$650

M, W	3:30pm-6:00pm
Tu, Th	3:30pm-5:30pm
Saturday	6:00am-9:00am
M, W, F	4:45am-6:15am

Minimum practices required: 7/week.

*Friday practice is required. Minimum practices required: 6/week.

MONTGOMERY AQUATIC CENTER

For information contact Christa Krukiel at 301-468-4211 or Christa.Krukiel@montgomerycountymd.gov.

ADVANCED JUNIORS Spring/Summer (211230)\$520

Tu, Th	5:45pm-7:15pm
Wednesday	6:15pm-7:30pm
Friday	5:45pm-7:00pm
Sunday	7:00am-9:00am

Required attendance: 3/week.

ADVANCED SENIORS (211231) Spring/Summer \$630

M-Th	3:30pm-5:00pm
Tu, Th, F	4:45am-6:15am
Sunday	6:00am-8:00am

Minimum practices required: 6/week.

NDG (211233) Spring/Summer \$630

M, Tu, Th, & F	6:00pm-7:30pm
W, F	4:45am-6:15am
Saturday	5:00am-8:00am

Minimum practices required: 5/week.

NTG (211235) Spring/Summer \$650

M, Tu, Th, & F	3:45pm-6:00pm
Wednesday	3:45pm-6:15pm
Tu-F	4:45am-6:15am
Saturday	5:00am-8:00am

Minimum practices required: 7/week.

MARTIN LUTHER KING, JR. SWIM CENTER

For information contact MLK at 301-989-1206.

ADVANCED JUNIORS (211238) Spring/Summer \$520

Monday	6:00pm-7:00pm
W, F	5:00pm-6:30pm
Sunday	6:00am-8:00am
Monday	5:30pm-6:00pm DRYLAND

Required attendance: 3-4/week.

Additional dryland practices may be required.

ADVANCED SENIORS (211240) Spring/Summer \$630

M-F	3:30pm-5:00pm*
Saturday	6:00am-9:00am
M, F	4:45pm-6:30pm

Minimum attendance required: 5/week.

* Dryland practice required until 5:45pm.

Notice:

The program fee covers only the practice time and locker room use. If you wish to use the facility before or after practice, you must pay the admission.



NDG (211241) Spring/Summer

\$630

Monday	4:00pm-6:00pm
Tu, Th	5:00pm-6:30pm
Wednesday	5:00pm-7:00pm
Sunday	6:00am-9:00am
Wednesday	4:45am-6:30am

Minimum attendance required: 5/week.

Dryland practices are required. Times TBA.

NTG (211242) Spring/Summer

\$650

Monday	4:00pm-6:30pm
Tu, Th	4:30pm-7:15pm
Wednesday	5:00pm-7:00pm
Saturday	6:00am-9:00am
M, W, & F	4:45am-6:30am

Minimum attendance required: 6-7/week.

Dryland practices are required. Times TBA.

OLNEY SWIM CENTER

For information contact Carey Apple at 301-570-1210 or Carey.Apple@montgomerycountymd.gov.

ADVANCED JUNIORS Spring/Summer (211246)\$520

Tu, Th, & F	5:00pm-6:00pm
Wednesday	5:30pm-7:00pm
Sunday	7:30am-9:00am

Required attendance: 3-5/week.

ADVANCED SENIORS (211248) Spring/Summer \$630

M, W, & F	3:45pm-5:30pm
Tuesday	3:45pm-5:00pm
Tu, Th	4:45am-6:15am
Saturday	5:30am-7:30am

Required attendance: 5/week.

NDG (211250) Spring/Summer

\$630

M, F	5:30pm-7:00pm
Tu, Th	5:00pm-7:00pm
Sunday	7:00am-9:00am

Minimum practices required: 4/week.

NTG (211251) Spring/Summer

\$650

M-Th	3:45pm-6:00pm
Friday	3:45pm-5:00pm
Saturday	6:00am-9:00am
M, W, & F	4:45am-6:15am

Minimum practices required: 7/week.

Mariners

A structured workout with a professional coach. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

6 Sessions

\$30

Instructor: Premier Swim

217706	ML King SwC	8/10	Sunday	8:00am-10:00pm
			Tu, Th	8:30pm-10:00pm

217550 1 Day per week

\$80

217551 2 Days per week

\$120

217552 3 Days per week

\$160

217553 4 Days per week

\$205

217554 5 Days per week

\$245

Montgomery Aquatic Center

Sunday	8:00am-10:00am
Tuesday & Thursday	8:30pm-10:00pm
Friday	8:30pm-9:30pm

Germantown Indoor Swim Center

Monday, Wed, Friday	6:30am-7:30am
Tuesday & Thursday	8:30pm-10:00pm

Olney Swim Center

Tuesday & Thursday	8:30pm-10:00pm
Saturday	7:30am-9:00am

M L King Swim Center

Monday & Wednesday	8:30pm-10:00pm
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MCSL Swim Teams

This summer swim team program, sponsored by the Montgomery County Recreation Department, is part of the Montgomery County Swim League (MCSL). The pre-team program is for swimmers 5-8 years old; the competitive program is for swimmers 5-18 years old. Practices are daily and there are weekly meets on Saturday mornings or Wednesday evenings, depending on the participant's skill level. To join, swimmers must be able to complete one length of the pool using a coordinated stroke and rhythmic breathing. Parents and swimmers should attend the registration meeting held at this pool on Tues, May 27, 7:00pm, RAIN or SHINE.

\$175

217354	Bethesda Pool	5/27	M-Sa	7:30am-11:00am
217355	Germantown Out	5/27	M-Sa	7:30am-11:00am
217356	West Cnty Pool	5/27	M-Sa	7:30am-11:00am
217357	Long Branch Pool	5/27	M-Sa	7:30am-11:00am
217358	Glenmont Pool	5/27	M-Sa	7:30am-11:00am
217359	Upper Cnty Pool	5/27	M-Sa	7:30am-11:00am

Montgomery Stroke & Turn Clinic

MSTC is a Sunday evening program. MSTC's program is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength and have fun. In order to participate, swimmers MUST be able to swim 25 meters of freestyle without stopping. This program will meet for 22 sessions. The program will begin October 26, 2008 and run to May 17, 2009. There will be no clinic on November 30, December 28, January 4, February 1, April 5 & 12, and two other Sundays which will be announced at the first session. Registration will begin July 9, 2008.

24 Sessions

\$315

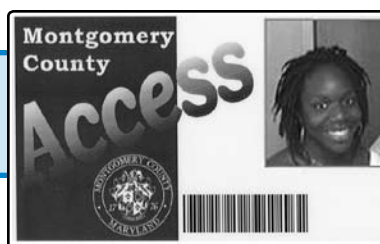
Instructor: Clinics MSTC

217748	Montgomery AqC	10/26	Su	6:00pm-7:00pm
217749	Montgomery AqC	10/26	Su	7:00pm-8:00pm
217750	Olney SwC	10/26	Su	5:00pm-6:00pm
217751	Olney SwC	10/26	Su	6:00pm-7:00pm
217752	Olney SwC	10/26	Su	7:00pm-8:00pm
217753	Germantown In SwC	10/26	Su	6:00pm-7:00pm
217754	Germantown In SwC	10/26	Su	7:00pm - 8:00pm
217755	M L King SwC	10/26	Su	6:00pm - 7:00pm
217756	M L King SwC	10/26	Su	7:00pm - 8:00pm



Access...get yours today!

See details on page 34



Safety Training 2007/2008

Germantown Indoor Swim Center (GISC)	240-777-6830
Martin Luther King Pool (MLK)	301-989-1206
Montgomery Aquatic Center (MAC)	301-468-4211
Olney Swim Center (OSC)	301-570-1210

MCRD Aquatics offers American Red Cross courses for the potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

To ensure security of your credit card information, payments by Visa or MasterCard must be done on-line or in person at the facility.

CPR/FPR/AED

This course will certify you in CPR/FPR/AED (for lifeguarding). Participants should be CURRENTLY lifeguard certified by the American Red Cross. A \$10 AP fee will be due at the first class. Registrants need to bring their own pocket mask and lifeguarding textbook. Pocket masks are available for \$15.

2 Sessions **\$60.00**

MONTGOMERY AQUATIC CENTER

CPR/FPR/AED 1: Course #193950

Session	Date	Begins	Ends
Session 1	Wednesday, May 21, 2008	6:00pm	10:00pm
Session 2	Friday, May 23, 2008	6:00pm	10:00pm

CPR/FPR/AED 2: Course #193951

Session	Date	Begins	Ends
Session 1	Tuesday, May 27, 2008	6:00pm	10:00pm
Session 2	Thursday, May 29, 2008	6:00pm	10:00pm

Pool Operator's Course

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years old. The student must attend all classes. Classes are held at the Recreation Department offices at 4010 Randolph Road, Silver Spring. The second class of each session will be held at the Martin Luther King Jr. Indoor Swim Center. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

5 Sessions **\$70.00** **MCRD Offices**

Pool Op 4: Course #192617

Session 1	Monday, Jun. 2, 2008	7:00pm	9:30pm
Session 2	Tuesday, Jun. 3, 2008	7:00pm	9:30pm
Session 3	Wednesday, Jun. 4, 2008	7:00pm	9:30pm
Session 4	Thursday, Jun. 5, 2008	7:00pm	9:30pm
Session 5	Friday, Jun. 6, 2008	7:00pm	9:30pm

Pool Operator Review

1 Session **\$40.00** **Montgomery Aquatic Center**

Pool Op REVIEW: Course #192618

Session 1	Saturday, May 17, 2008	10:00am	1:00pm
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Lifeguard Training

This course will train you to be certified in American Red Cross Lifeguard Training, CPR for Professional Rescuer and First Aid. Includes a pre-course check, which will test the students' swimming proficiency. The successful candidate will be able to swim 300 meters (100 front crawl, 100 breaststroke, 100 either front crawl or breaststroke), and swim 20 yards (free or breast) surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to starting position with the object. Attendance is required at ALL sessions in order to be certified. Certification for Lifeguard Training and First Aid remains current for 3 years, CPR for 1 year. Students MUST be 15 years old by the last day of the course. Proof of age is required at the first class. The cost of the course is \$100 registration fee (paid when registering) plus a \$50 book due at the first class.

MONTGOMERY AQUATIC CENTER

LGT 6: Course #193921

Session	Date	Begins	Ends
Pre-course	Friday, Jun. 6, 2008	6:30pm	9:00pm
Session 1	Sunday, Jun. 8, 2008	9:00am	12:00pm
Session 2	Sunday, Jun. 8, 2008	12:30pm	3:30pm
Session 3	Wednesday, Jun. 11, 2008	6:30pm	9:30pm
Session 4	Friday, Jun. 13, 2008	6:30pm	9:30pm
Session 5	Sunday, Jun. 15, 2008	9:00am	12:00pm
Session 6	Sunday, Jun. 15, 2008	12:30pm	3:30pm
Session 7	Wednesday, Jun. 18, 2008	3:00pm	6:00pm
Session 8	Wednesday, Jun. 18, 2008	6:30pm	9:30pm
Session 9	Friday, Jun. 20, 2008	6:30pm	9:30pm
Session 10	Sunday, Jun. 22, 2008	9:00am	12:00pm
Session 11	Sunday, Jun. 22, 2008	12:30pm	3:30pm

OLNEY SWIM CENTER

LGT 5: Course #193935

Session	Date	Begins	Ends
Pre-course	Wednesday, Jun. 18, 2008	8:00pm	9:30pm
Session 1	Sunday, Jun. 22, 2008	5:30pm	9:00pm
Session 2	Wednesday, Jun. 25, 2008	6:30pm	10:00pm
Session 3	Sunday, Jun. 29, 2008	1:30pm	5:00pm
Session 4	Sunday, Jun. 29, 2008	5:00pm	9:00pm
Session 5	Wednesday, Jul. 2, 2008	6:30pm	10:00pm
Session 6	Sunday, Jul. 6, 2008	1:30pm	5:00pm
Session 7	Sunday, Jul. 6, 2008	5:00pm	9:00pm
Session 8	Wednesday, Jul. 9, 2008	6:30pm	10:00pm
Session 9	Sunday, Jul. 13, 2008	1:30pm	5:00pm
Session 10	Sunday, Jul. 13, 2008	5:00pm	9:00pm

GERMANTOWN INDOOR SWIM CENTER

LGT 6: Course #193931

Session	Date	Begins	Ends
Pre-course	Friday, May 30, 2008	6:00pm	8:00pm
Session 1	Sunday, Jun. 1, 2008	8:00am	12:00pm
Session 2	Sunday, Jun. 1, 2008	12:00pm	4:00pm
Session 3	Wednesday, Jun. 4, 2008	5:00pm	9:00pm
Session 4	Friday, Jun. 6, 2008	5:00pm	9:00pm
Session 5	Sunday, Jun. 8, 2008	8:00am	12:00pm
Session 6	Sunday, Jun. 8, 2008	12:00pm	4:00pm
Session 7	Wednesday, Jun. 11, 2008	5:00pm	9:00pm
Session 8	Friday, Jun. 13, 2008	5:00pm	9:00pm
Session 9	Sunday, Jun. 15, 2008	8:00am	12:00pm
Session 10	Sunday, Jun. 15, 2008	12:00pm	4:00pm

Ways to Register for Swim Lessons



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.

Online registration is recommended. Please create your family account by May 1. This will ensure that you have your account information and PIN for the registration date. PIN number is needed to register. See below or call 240-777-6840



Walk in at Aquatics Facilities Registrations can be processed at any of our pools.



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm



Fax 240-777-6818 Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form. See page 154 for details.

Indoor Pool Swim Lesson Registration processing will begin May 14, 2008, at 6:30am.

Non-County residents registration begins May 15. No registrations will be processed before this time.

Outdoor Pool Swim Lesson Registration processing will begin June 2, 2008, at 6:30am.

Non-County residents registration begins June 3. No registrations will be processed before this time.

Please note the following:

- Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted due to their short attention spans. Thank you for your cooperation.
- The fee covers only the lessons and no other use of the facility.
- Participants may enter the pool area only 10 minutes before the start of class.
- Lesson questions should be directed to the facility where you wish to enroll.
- Withdrawal policies will be STRICTLY followed and applies to class transfers.
- Observation is allowed from designated areas ONLY. At some facilities clear observation may not be possible.

Swim Lessons

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor pools. Swim lesson fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, or six week sessions.

Adult Group Lessons for all levels may be offered on weekday evenings or on weekends.

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN. PLEASE REGISTER ACCORDINGLY.

There will be no evening classes on July 4th.





Germantown Indoor Swim Center

Phone: 240-777-6830

Registration begins May 14. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 240-777-6830 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. No classes the evening of July 4th.

See page 13 for registration information.

GLSC-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
216345	Germantown Indr	6/14	Sa	10:50am-11:20am
216346	Germantown Indr	6/15	Su	10:50am-11:20am
216347	Germantown Indr	6/16	M, Tu, W	11:00am-11:30am

GLSC-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
216360	Germantown Indr	6/10	Tu	6:10pm-6:40pm
216361	Germantown Indr	6/11	W	5:30pm-6:10pm
216354	Germantown Indr	6/14	Sa	10:10am-10:40am
216355	Germantown Indr	6/14	Sa	11:30am-12:00pm
216356	Germantown Indr	6/15	Su	10:10am-10:40am
216357	Germantown Indr	6/15	Su	11:30am-12:00pm
216358	Germantown Indr	6/16	M, Tu, W	10:20am-10:50am
216359	Germantown Indr	6/30	M, Tu, W	10:20am-10:50am

GLSC-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
216377	Germantown Indr	6/10	Tu	5:30pm-6:00pm
216378	Germantown Indr	6/11	W	6:10pm-6:40pm
216371	Germantown Indr	6/14	Sa	9:30am-10:00am
216372	Germantown Indr	6/14	Sa	12:10pm-12:40pm
216373	Germantown Indr	6/15	Su	9:30am-10:00am
216374	Germantown Indr	6/15	Su	12:10pm-12:40pm
216375	Germantown Indr	6/16	M, Tu, W	9:40am-10:10am
216376	Germantown Indr	6/30	M, Tu, W	9:40am-10:10am

GLSC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
216397	Germantown Indr	6/9	M	5:30pm-6:00pm
216398	Germantown Indr	6/10	Tu	5:30pm-6:00pm
216399	Germantown Indr	6/11	W	5:30pm-6:00pm
216400	Germantown Indr	6/12	Th	5:30pm-6:00pm
216383	Germantown Indr	6/14	Sa	9:30am-10:00am
216384	Germantown Indr	6/14	Sa	10:10am-10:40am
216385	Germantown Indr	6/14	Sa	11:30am-12:00pm
216386	Germantown Indr	6/14	Sa	12:10pm-12:40pm
216387	Germantown Indr	6/15	Su	9:30am-10:00am
216388	Germantown Indr	6/15	Su	10:10am-10:40am
216389	Germantown Indr	6/15	Su	11:30am-12:00pm
216390	Germantown Indr	6/15	Su	12:10pm-12:40pm
216391	Germantown Indr	6/16	M, Tu, W	9:00am-9:30am
216392	Germantown Indr	6/16	M, Tu, W	9:40am-10:10am
216393	Germantown Indr	6/16	M, Tu, W	11:00am-11:30am
216394	Germantown Indr	6/30	M, Tu, W	9:00am-9:30am
216395	Germantown Indr	6/30	M, Tu, W	9:40am-10:10am
216396	Germantown Indr	6/30	M, Tu, W	10:20am-10:50am

GLSC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
216427	Germantown Indr	6/9	M	5:30pm-6:00pm
216428	Germantown Indr	6/10	Tu	6:10pm-6:40pm
216429	Germantown Indr	6/11	W	5:30pm-6:00pm
216430	Germantown Indr	6/12	Th	6:10pm-6:40pm
216413	Germantown Indr	6/14	Sa	10:10am-10:40am
216414	Germantown Indr	6/14	Sa	10:50am-11:20am
216415	Germantown Indr	6/14	Sa	11:30am-12:00pm
216416	Germantown Indr	6/14	Sa	12:10pm-12:40pm
216417	Germantown Indr	6/15	Su	10:10am-10:40am
216418	Germantown Indr	6/15	Su	10:50am-11:20am
216419	Germantown Indr	6/15	Su	11:30am-12:00pm
216420	Germantown Indr	6/15	Su	12:10pm-12:40pm
216421	Germantown Indr	6/16	M, Tu, W	9:00am-9:30am
216422	Germantown Indr	6/16	M, Tu, W	9:40am-10:10am
216423	Germantown Indr	6/16	M, Tu, W	10:20am-10:50am
216424	Germantown Indr	6/30	M, Tu, W	9:00am-9:30am
216425	Germantown Indr	6/30	M, Tu, W	9:40am-10:10am
216426	Germantown Indr	6/30	M, Tu, W	11:00am-11:30am



GLSC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

216445	Germantown Indr	6/11	W	6:10pm-6:40pm
216434	Germantown Indr	6/14	Sa	10:50am-11:20am
216435	Germantown Indr	6/14	Sa	11:30am-12:00pm
216436	Germantown Indr	6/14	Sa	12:10pm-12:40pm
216437	Germantown Indr	6/15	Su	10:50am-11:20am
216438	Germantown Indr	6/15	Su	11:30am-12:00pm
216439	Germantown Indr	6/15	Su	12:10pm-12:40pm
216441	Germantown Indr	6/16	M, Tu, W	9:00am-9:30am
216442	Germantown Indr	6/16	M, Tu, W	10:20am-10:50am
216443	Germantown Indr	6/30	M, Tu, W	9:00am-9:30am
216444	Germantown Indr	6/30	M, Tu, W	11:00am-11:30am

GLSC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

216598	Germantown Indr	6/14	Sa	10:50am-11:20am
216599	Germantown Indr	6/15	Su	10:50am-11:20am
216600	Germantown Indr	6/16	M, Tu, W	11:00am-11:30am
216601	Germantown Indr	6/30	M, Tu, W	10:20am-10:50am

GLSC-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

216609	Germantown Indr	6/10	Tu	5:30pm-6:00pm
216606	Germantown Indr	6/14	Sa	9:30am-10:00am
216607	Germantown Indr	6/15	Su	10:10am-10:40am
216608	Germantown Indr	6/16	M, Tu, W	9:00am-9:30am



GLSC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

216621	Germantown Indr	6/9	M	6:10pm-6:40pm
216617	Germantown Indr	6/14	Sa	10:10am-10:40am
216618	Germantown Indr	6/15	Su	9:30am-10:00am
216619	Germantown Indr	6/16	M, Tu, W	9:40am-10:10am
216620	Germantown Indr	6/30	M, Tu, W	11:00am-11:30am

GLSC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

216631	Germantown Indr	6/11	W	6:10pm-6:40pm
216627	Germantown Indr	6/14	Sa	10:10am-10:40am
216628	Germantown Indr	6/15	Su	10:10am-10:40am
216629	Germantown Indr	6/16	M, Tu, W	10:20am-10:50am
216630	Germantown Indr	6/30	M, Tu, W	9:40am-10:10am

GLSC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

216637	Germantown Indr	6/14	Sa	10:50am-11:20am
216638	Germantown Indr	6/15	Su	10:50am-11:20am
216639	Germantown Indr	6/16	M, Tu, W	11:00am-11:30am
216640	Germantown Indr	6/30	M, Tu, W	10:20am-10:50am

GLSC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

216647	Germantown Indr	6/14	Sa	11:30am-12:00pm
216648	Germantown Indr	6/15	Su	11:30am-12:00pm
216649	Germantown Indr	6/30	M, Tu, W	11:00am-11:30am

We offer many levels of swim lessons so one is perfect for your child.

GLISC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

216340	Germantown Indr	6/14	Sa	12:10pm-12:40pm
216341	Germantown Indr	6/15	Su	12:10pm-12:40pm
216342	Germantown Indr	6/30	M, Tu, W	9:00am-9:30am

GLISC-Adult Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

216653	Germantown Indr	6/9	M	6:10pm-6:40pm
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GLISC-Adult Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

216656	Germantown Indr	6/10	Tu	6:10pm-6:40pm
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GLISC-Adult Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

216658	Germantown Indr	6/12	Th	6:10pm-6:40pm
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GLISC-Adult Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

216659	Germantown Indr	6/12	Th	5:30pm-6:00pm
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**Martin Luther King Swim Center****Phone: 301-989-1206**

Registration begins May 14. Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00pm-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. Some classes may be taught at the outdoor pool at the discretion of the instructor or management. No classes the evening of July 4th.

See page 13 for registration information.

ML King-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

215790	ML King SwC	6/21	Sa	9:40am-10:10am
215786	ML King SwC	6/22	Su	11:00am-11:30am
215787	ML King SwC	6/23	M, W, F	10:20am-10:50am
215788	ML King SwC	6/24	Tu	5:40pm-6:10pm
215789	ML King SwC	6/26	Th	5:00pm-5:30pm

ML King-Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

215840	ML King SwC	6/21	Sa	9:00am-9:30am
215836	ML King SwC	6/22	Su	9:00am-9:30am
215837	ML King SwC	6/22	Su	10:20am-10:50am
215838	ML King SwC	6/23	M, W, F	9:00am-9:30am
215839	ML King SwC	6/26	Th	5:40pm-6:10pm
215841	ML King SwC	7/7	M, W, F	9:40am-10:10am
215842	ML King SwC	7/21	M, W, F	9:00am-9:30am

ML King-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

216190	ML King SwC	6/21	Sa	10:20am-10:50am
216191	ML King SwC	6/21	Sa	11:00am-11:30am
216186	ML King SwC	6/22	Su	9:40am-10:10am
216187	ML King SwC	6/24	Tu, Th	9:30am-10:00am
216188	ML King SwC	6/24	Tu	5:00pm-5:30pm
216189	ML King SwC	6/26	Th	6:20pm-6:50pm
216698	ML King SwC	7/15	Tu, Th	10:10am-10:40am
216192	ML King SwC	7/21	M, W, F	10:20am-10:50am
216193	ML King SwC	8/4	M, W, F	9:00am-9:30am



ML King-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions				\$57
216238	ML King SwC	6/21	Sa	10:20am-10:50am
216232	ML King SwC	6/22	Su	9:40am-10:10am
216233	ML King SwC	6/22	Su	10:20am-10:50am
216236	ML King SwC	6/24	Tu	7:00pm-7:30pm
216237	ML King SwC	6/25	W	5:40pm-6:10pm
216239	ML King SwC	7/7	M, W, F	9:40am-10:10am
216242	ML King SwC	8/4	M, W, F	10:20am-10:50am

ML King-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions				\$57
216243	ML King SwC	6/22	Su	11:00am-11:30am
216244	ML King SwC	6/26	Th	7:00pm-7:30pm

ML King-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions				\$52
216453	ML King SwC	6/21	Sa	9:00am-9:30am
216454	ML King SwC	6/21	Sa	9:40am-10:10am
216455	ML King SwC	6/21	Sa	10:20am-10:50am
216448	ML King SwC	6/22	Su	9:00am-9:30am
216449	ML King SwC	6/22	Su	10:20am-10:50am
216450	ML King SwC	6/23	M, W, F	10:20am-10:50am
216451	ML King SwC	6/24	Tu	6:20pm-6:50pm
216452	ML King SwC	6/25	W	6:20pm-6:50pm
216456	ML King SwC	7/15	Tu, Th	9:30am-10:00am

ML King-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions				\$52
216465	ML King SwC	6/21	Sa	9:00am-9:30am
216466	ML King SwC	6/21	Sa	10:20am-10:50am
216458	ML King SwC	6/22	Su	9:00am-9:30am
216459	ML King SwC	6/22	Su	11:00am-11:30am
216460	ML King SwC	6/23	M, W, F	9:40am-10:10am
216461	ML King SwC	6/24	Tu, Th	10:10am-10:40am
216462	ML King SwC	6/24	Tu	7:00pm-7:30pm
216463	ML King SwC	6/25	W	6:20pm-6:50pm
216464	ML King SwC	6/26	Th	7:00pm-7:30pm
216467	ML King SwC	7/7	M, W, F	10:20am-10:50am
216468	ML King SwC	7/15	Tu, Th	9:30am-10:00am
216469	ML King SwC	7/21	M, W, F	9:40am-10:10am



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ML King-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
216200	ML King SwC	6/21	Sa	10:20am-10:50am
216201	ML King SwC	6/21	Sa	11:00am-11:30am
216207	ML King SwC	6/21	Sa	9:00am-9:30am
216194	ML King SwC	6/22	Su	9:00am-9:30am
216195	ML King SwC	6/22	Su	10:20am-10:50am
216196	ML King SwC	6/23	M, W, F	9:40am-10:10am
216204	ML King SwC	6/23	M, W, F	9:00am-9:30am
216197	ML King SwC	6/24	Tu	5:00pm-5:30pm
216198	ML King SwC	6/25	W	5:00pm-5:30pm
216199	ML King SwC	6/26	Th	5:40pm-6:10pm
216202	ML King SwC	7/7	M, W, F	10:20am-10:50am
216203	ML King SwC	7/7	M, W, F	9:00am-9:30am
216205	ML King SwC	7/21	M, W, F	10:20am-10:50am
216206	ML King SwC	8/4	M, W, F	9:40am-10:10am

ML King-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
216218	ML King SwC	6/21	Sa	9:40am-10:10am
216219	ML King SwC	6/21	Sa	11:00am-11:30am
216227	ML King SwC	6/21	Sa	9:40am-10:10am
216210	ML King SwC	6/22	Su	9:40am-10:10am
216211	ML King SwC	6/23	M, W, F	9:40am-10:10am
216212	ML King SwC	6/24	Tu, Th	10:10am-10:40am
216213	ML King SwC	6/24	Tu	5:40pm-6:10pm
216214	ML King SwC	6/24	Tu	6:20pm-6:50pm
216228	ML King SwC	6/24	Tu, Th	9:30am-10:00am
216215	ML King SwC	6/25	W	5:00pm-5:30pm
216216	ML King SwC	6/26	Th	5:00pm-5:30pm
216217	ML King SwC	6/26	Th	6:20pm-6:50pm
216220	ML King SwC	7/7	M, W, F	9:00am-9:30am
216221	ML King SwC	7/7	M, W, F	10:20am-10:50am
216226	ML King SwC	7/15	Tu, Th	9:30am-10:00am
216222	ML King SwC	7/21	M, W, F	9:00am-9:30am
216223	ML King SwC	7/21	M, W, F	9:40am-10:10am
216224	ML King SwC	8/4	M, W, F	9:00am-9:30am
216225	ML King SwC	8/4	M, W, F	9:40am-10:10am

**ML King-Youth-Level 3**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

216475	ML King SwC	6/21	Sa	9:40am-10:10am
216470	ML King SwC	6/22	Su	9:40am-10:10am
216471	ML King SwC	6/23	M, W, F	9:00am-9:30am
216472	ML King SwC	6/24	Tu, Th	10:10am-10:40am
216473	ML King SwC	6/24	Tu	7:40pm-8:10pm
216474	ML King SwC	6/25	W	5:40pm-6:10pm
216476	ML King SwC	7/7	M, W, F	9:40am-10:10am
216477	ML King SwC	7/15	Tu, Th	10:10am-10:40am
216478	ML King SwC	7/21	M, W, F	10:20am-10:50am
216479	ML King SwC	8/4	M, W, F	10:20am-10:50am

ML King-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

216484	ML King SwC	6/21	Sa	9:00am-9:30am
216485	ML King SwC	6/21	Sa	11:00am-11:30am
216480	ML King SwC	6/22	Su	9:40am-10:10am
216481	ML King SwC	6/23	M, W, F	10:20am-10:50am
216482	ML King SwC	6/24	Tu, Th	9:30am-10:00am
216483	ML King SwC	6/24	Tu	7:40pm-8:10pm
216487	ML King SwC	7/15	Tu, Th	10:10am-10:40am
216486	ML King SwC	7/21	M, W, F	9:00am-9:30am
216488	ML King SwC	8/4	M, W, F	9:00am-9:30am

ML King-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

216492	ML King SwC	6/21	Sa	11:00am-11:30am
216490	ML King SwC	6/22	Su	10:20am-10:50am
216491	ML King SwC	6/26	Th	7:40pm-8:10pm
216493	ML King SwC	7/7	M, W, F	9:00am-9:30am
216494	ML King SwC	7/21	M, W, F	9:40am-10:10am
216495	ML King SwC	8/4	M, W, F	9:40am-10:10am

ML King-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

216498	ML King SwC	6/19	Th	7:40pm-8:10pm
216496	ML King SwC	6/22	Su	9:00am-9:30am
216497	ML King SwC	6/22	Su	11:00am-11:30am
216499	ML King SwC	8/4	M, W, F	10:20am-10:50am

ML King-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

216503	ML King SwC	6/21	Sa	9:00am-9:30am
216504	ML King SwC	6/21	Sa	11:00am-11:30am
216500	ML King SwC	6/22	Su	9:40am-10:10am
216501	ML King SwC	6/22	Su	11:00am-11:30am
216502	ML King SwC	6/24	Tu	8:20pm-8:50pm

ML King-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

216508	ML King SwC	6/21	Sa	9:40am-10:10am
216505	ML King SwC	6/22	Su	11:00am-11:30am
216507	ML King SwC	6/26	Th	8:20pm-8:50pm

ML King-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

216511	ML King SwC	6/21	Sa	10:20am-10:50am
216509	ML King SwC	6/22	Su	10:20am-10:50am
216510	ML King SwC	6/24	Tu	8:20pm-8:50pm

ML King-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

216513	ML King SwC	6/22	Su	9:00am-9:30am
216512	ML King SwC	6/26	Th	8:20pm-8:50pm



*Not sure of
your child's
swim level?
We offer free
evaluations.*



Montgomery Aquatic Center

Phone: 301-468-4211

Registration begins on May 14. Swim lessons for all ages and abilities. Screening is available at the swim center on Saturdays and Sundays at 1:30pm to evaluate the students abilities (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions. No classes the evening of July 4th.

See page 13 for registration information.

MAC-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$50	
216808	Montgomery AqC	6/16 M, W, F	10:20am-10:50am
216810	Montgomery AqC	6/16 M, W, F	9:00am-9:30am
216813	Montgomery AqC	6/17 Tu, Th	9:00am-9:30am
216806	Montgomery AqC	6/21 Sa	9:40am-10:10am
216807	Montgomery AqC	6/22 Su	10:20am-10:50am
216809	Montgomery AqC	6/30 M, W, F	10:20am-10:50am
216811	Montgomery AqC	6/30 M, W, F	9:00am-9:30am
216814	Montgomery AqC	7/8 Tu, Th	9:00am-9:30am
216812	Montgomery AqC	7/14 M, W, F	9:00am-9:30am

MAC-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$50	
216751	Montgomery AqC	6/16 M, W, F	9:40am-10:10am
216752	Montgomery AqC	6/16 M, W	6:25pm-6:55pm
216756	Montgomery AqC	6/17 Tu, Th	9:40am-10:10am
216749	Montgomery AqC	6/21 Sa	10:20am-10:50am
216750	Montgomery AqC	6/22 Su	9:40am-10:10am
216753	Montgomery AqC	6/30 M, W, F	9:40am-10:10am
216754	Montgomery AqC	7/7 M, W	6:25pm-6:55pm
216757	Montgomery AqC	7/8 Tu, Th	9:40am-10:10am
216755	Montgomery AqC	7/14 M, W, F	9:40am-10:10am

MAC-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions		\$50	
216802	Montgomery AqC	6/16 M, W	5:45pm-6:15pm
216803	Montgomery AqC	6/17 Tu, Th	10:20am-10:50am
216801	Montgomery AqC	6/21 Sa	9:00am-9:30am
216804	Montgomery AqC	7/7 M, W	5:45pm-6:15pm
216805	Montgomery AqC	7/8 Tu, Th	10:20am-10:50am

MAC-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions		\$59	
216764	Montgomery AqC	6/16 M, W, F	10:20am-10:50am
216771	Montgomery AqC	6/16 M, W	5:45pm-6:15pm
216763	Montgomery AqC	6/17 Tu, Th	9:40am-10:10am
216766	Montgomery AqC	6/17 Tu, Th	9:00am-9:30am
216767	Montgomery AqC	6/17 Tu, Th	5:45pm-6:15pm
216768	Montgomery AqC	6/17 Tu, Th	6:25pm-6:55pm
216758	Montgomery AqC	6/21 Sa	9:00am-9:30am
216759	Montgomery AqC	6/21 Sa	9:40am-10:10am
216760	Montgomery AqC	6/21 Sa	11:00am-11:30am
216761	Montgomery AqC	6/22 Su	9:40am-10:10am
216762	Montgomery AqC	6/22 Su	11:00am-11:30am
216770	Montgomery AqC	6/30 M, W, F	10:20am-10:50am
216765	Montgomery AqC	7/7 M, W	5:45pm-6:15pm
216769	Montgomery AqC	7/8 Tu, Th	9:40am-10:10am
216772	Montgomery AqC	7/8 Tu, Th	9:00am-9:30am
216773	Montgomery AqC	7/8 Tu, Th	5:45pm-6:15pm
216774	Montgomery AqC	7/8 Tu, Th	6:25pm-6:55pm
216775	Montgomery AqC	7/14 M, W, F	10:20am-10:50am



MAC-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions \$57

216780	Montgomery AqC	6/16	M, W, F	9:00am-9:30am
216781	Montgomery AqC	6/16	M, W	6:25pm-6:55pm
216782	Montgomery AqC	6/17	Tu, Th	9:00am-9:30am
216783	Montgomery AqC	6/17	Tu, Th	6:25pm-6:55pm
216790	Montgomery AqC	6/17	Tu, Th	10:20am-10:50am
216776	Montgomery AqC	6/21	Sa	9:00am-9:30am
216777	Montgomery AqC	6/21	Sa	11:00am-11:30am
216778	Montgomery AqC	6/22	Su	9:00am-9:30am
216779	Montgomery AqC	6/22	Su	10:20am-10:50am
216788	Montgomery AqC	6/30	M, W, F	9:00am-9:30am
216785	Montgomery AqC	7/7	M, W	6:25pm-6:55pm
216786	Montgomery AqC	7/8	Tu, Th	9:00am-9:30am
216787	Montgomery AqC	7/8	Tu, Th	6:25pm-6:55pm
216789	Montgomery AqC	7/8	Tu, Th	10:20am-10:50am
216784	Montgomery AqC	7/14	M, W, F	9:00am-9:30am

MAC-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions \$57

216793	Montgomery AqC	6/16	M, W, F	9:40am-10:10am
216794	Montgomery AqC	6/17	Tu, Th	5:45pm-6:15pm
216791	Montgomery AqC	6/21	Sa	10:20am-10:50am
216792	Montgomery AqC	6/22	Su	11:00am-11:30am
216795	Montgomery AqC	6/30	M, W, F	9:40am-10:10am
216796	Montgomery AqC	7/8	Tu, Th	9:40am-10:10am
216797	Montgomery AqC	7/8	Tu, Th	5:45pm-6:15pm
216798	Montgomery AqC	7/14	M, W, F	9:40am-10:10am

MAC-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

216799	Montgomery AqC	6/21	Sa	11:00am-11:30am
216800	Montgomery AqC	7/14	M, W, F	10:20am-10:50am

**MAC-Youth-Level 1**

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions \$52

216817	Montgomery AqC	6/17	Tu, Th	10:20am-10:50am
216815	Montgomery AqC	6/21	Sa	9:40am-10:10am
216816	Montgomery AqC	6/22	Su	9:00am-9:30am
216818	Montgomery AqC	6/30	M, W, F	9:00am-9:30am
216819	Montgomery AqC	7/14	M, W, F	9:00am-9:30am

MAC-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions \$52

216821	Montgomery AqC	6/16	M, W, F	9:40am-10:10am
216820	Montgomery AqC	6/22	Su	11:00am-11:30am
216822	Montgomery AqC	6/30	M, W, F	9:40am-10:10am
216823	Montgomery AqC	7/14	M, W, F	9:40am-10:10am

MAC-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$50

216825	Montgomery AqC	6/16	M, W, F	9:00am-9:30am
216826	Montgomery AqC	6/17	Tu, Th	9:40am-10:10am
216824	Montgomery AqC	6/22	Su	9:40am-10:10am
216827	Montgomery AqC	7/8	Tu, Th	10:20am-10:50am

MAC-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

216829	Montgomery AqC	6/16	M, W, F	10:20am-10:50am
216828	Montgomery AqC	6/22	Su	10:20am-10:50am
216830	Montgomery AqC	6/30	M, W, F	10:20am-10:50am
216831	Montgomery AqC	7/14	M, W, F	10:20am-10:50am

MAC-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50
216832 Montgomery AqC 6/22 Su 9:00am-9:30am

MAC-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50
216838 Montgomery AqC 6/21 Sa 10:20am-10:50am

MAC-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59
216086 Montgomery AqC 6/19 Th 8:30pm-9:00pm

MAC-Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57
216087 Montgomery AqC 6/17 Tu 8:30pm-9:00pm

MAC-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57
216088 Montgomery AqC 6/18 W 8:30pm-9:00pm

MAC-Adult-Swim for Condi.1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program. Class size is limited to 15 students.

6 Sessions \$57
216089 Montgomery AqC 6/16 M 8:30pm-9:00pm

MAC-Adult-Swim for Condi.2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57
216090 Montgomery AqC 6/16 M 8:30pm-9:00pm

Olney Swim Center

Phone: 301-570-1210

Registration begins May 14. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions. There are no evening classes on July 4th.

See page 13 for registration information.

Olney-Waterbabies

Designed for children 6–18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50
207079 Olney SwC 6/16 M, Tu, W 10:15am-10:45am
207076 Olney SwC 6/21 Sa 11:20am-11:50am
207077 Olney SwC 6/22 Su 11:20am-11:50am
207078 Olney SwC 6/26 Th 10:50am-11:20am
207080 Olney SwC 7/14 M, Tu, W 10:15am-10:45am

Olney-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50
207086 Olney SwC 6/16 M, Tu, W 10:55am-11:25am
207081 Olney SwC 6/21 Sa 10:40am-11:10am
207082 Olney SwC 6/22 Su 10:40am-11:10am
207085 Olney SwC 6/24 Tu 5:55pm-6:25pm
207083 Olney SwC 6/26 Th 10:10am-10:40am
207084 Olney SwC 6/26 Th 6:30pm-7:00pm
207087 Olney SwC 6/30 M, Tu, W 10:15am-10:45am



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Olney-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions				\$50
207094	Olney SwC	6/18	W	6:25pm-6:55pm
207088	Olney SwC	6/21	Sa	10:00am-10:30am
207089	Olney SwC	6/21	Sa	12:00pm-12:30pm
207090	Olney SwC	6/22	Su	10:00am-10:30am
207091	Olney SwC	6/22	Su	12:00pm-12:30pm
207093	Olney SwC	6/24	Tu	6:30pm-7:00pm
207092	Olney SwC	6/26	Th	9:30am-10:00am
207095	Olney SwC	6/30	M, Tu, W	10:55am-11:25am
207096	Olney SwC	7/14	M, Tu, W	9:00am-9:30am

Olney-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions				\$59
207115	Olney SwC	6/16	M, Tu, W	9:00am-9:30am
207116	Olney SwC	6/16	M, Tu, W	9:35am-10:05am
207117	Olney SwC	6/16	M, Tu, W	10:15am-10:45am
207118	Olney SwC	6/16	M, Tu, W	10:55am-11:25am
207132	Olney SwC	6/16	M, Tu, W	9:00am-9:30am
207113	Olney SwC	6/18	W	6:25pm-6:55pm
207114	Olney SwC	6/18	W	7:05pm-7:35pm
207097	Olney SwC	6/21	Sa	10:00am-10:30am
207098	Olney SwC	6/21	Sa	10:40am-11:10am
207099	Olney SwC	6/21	Sa	11:20am-11:50am
207100	Olney SwC	6/21	Sa	12:00pm-12:30pm
207130	Olney SwC	6/21	Sa	12:00pm-12:30pm
207101	Olney SwC	6/22	Su	10:00am-10:30am
207102	Olney SwC	6/22	Su	10:40am-11:10am
207103	Olney SwC	6/22	Su	11:20am-11:50am
207104	Olney SwC	6/22	Su	12:00pm-12:30pm
207131	Olney SwC	6/22	Su	10:00am-10:30am
207111	Olney SwC	6/24	Tu	5:55pm-6:25pm
207112	Olney SwC	6/24	Tu	6:30pm-7:00pm
207105	Olney SwC	6/26	Th	9:30am-10:00am



207106	Olney SwC	6/26	Th	9:30am-10:00am
207107	Olney SwC	6/26	Th	10:10am-10:40am
207108	Olney SwC	6/26	Th	10:50am-11:20am
207109	Olney SwC	6/26	Th	5:55pm-6:25pm
207110	Olney SwC	6/26	Th	6:30pm-7:00pm
207119	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207120	Olney SwC	6/30	M, Tu, W	9:35am-10:05am
207121	Olney SwC	6/30	M, Tu, W	10:15am-10:45am
207122	Olney SwC	6/30	M, Tu, W	10:55am-11:25am
207133	Olney SwC	6/30	M, Tu, W	10:55am-11:25am
207123	Olney SwC	7/14	M, Tu, W	9:00am-9:30am
207124	Olney SwC	7/14	M, Tu, W	9:35am-10:05am
207125	Olney SwC	7/14	M, Tu, W	10:15am-10:45am
207126	Olney SwC	7/14	M, Tu, W	10:55am-11:25am
207127	Olney SwC	7/28	M, Tu, W	9:00am-9:30am
207128	Olney SwC	7/28	M, Tu, W	9:35am-10:05am
207129	Olney SwC	7/28	M, Tu, W	10:15am-10:45am

Olney-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions				\$57
207156	Olney SwC	6/16	M, Tu, W	9:00am-9:30am
207158	Olney SwC	6/16	M, Tu, W	9:35am-10:05am
207159	Olney SwC	6/16	M, Tu, W	10:15am-10:45am
207160	Olney SwC	6/16	M, Tu, W	10:55am-11:25am
207153	Olney SwC	6/18	W	6:25pm-6:55pm
207154	Olney SwC	6/18	W	7:05pm-7:35pm
207155	Olney SwC	6/18	W	7:45pm-8:15pm
207175	Olney SwC	6/18	W	6:25pm-6:55pm
207134	Olney SwC	6/21	Sa	10:00am-10:30am
207135	Olney SwC	6/21	Sa	10:00am-10:30am
207136	Olney SwC	6/21	Sa	10:40am-11:10am
207137	Olney SwC	6/21	Sa	11:20am-11:50am
207138	Olney SwC	6/21	Sa	12:00pm-12:30pm
207140	Olney SwC	6/22	Su	10:00am-10:30am
207142	Olney SwC	6/22	Su	10:40am-11:10am
207143	Olney SwC	6/22	Su	11:20am-11:50am
207144	Olney SwC	6/22	Su	11:20am-11:50am
207145	Olney SwC	6/22	Su	12:00pm-12:30pm
207146	Olney SwC	6/22	Su	12:00pm-12:30pm
207151	Olney SwC	6/24	Tu	5:55pm-6:25pm
207152	Olney SwC	6/24	Tu	6:30pm-7:00pm
207147	Olney SwC	6/26	Th	9:30am-10:00am
207148	Olney SwC	6/26	Th	10:50am-11:20am
207149	Olney SwC	6/26	Th	5:55pm-6:25pm
207150	Olney SwC	6/26	Th	6:30pm-7:00pm
207161	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207162	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207163	Olney SwC	6/30	M, Tu, W	9:35pm-10:05pm
207164	Olney SwC	6/30	M, Tu, W	10:15am-10:45am
207165	Olney SwC	6/30	M, Tu, W	10:55am-11:25am
207167	Olney SwC	7/14	M, Tu, W	9:00am-9:30am
207168	Olney SwC	7/14	M, Tu, W	9:00am-9:30am
207169	Olney SwC	7/14	M, Tu, W	9:35am-10:05am
207170	Olney SwC	7/14	M, Tu, W	10:15am-10:45am
207171	Olney SwC	7/14	M, Tu, W	10:55am-11:25am
207172	Olney SwC	7/28	M, Tu, W	9:00am-9:30am
207173	Olney SwC	7/28	M, Tu, W	10:15am-10:45am
207174	Olney SwC	7/28	M, Tu, W	10:55am-11:25am

Olney-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Class size is limited to 6 students.

6 Sessions

\$57

207187	Olney SwC	6/16	M, Tu, W	9:35am-10:05am
207188	Olney SwC	6/16	M, Tu, W	10:15am-10:45am
207189	Olney SwC	6/16	M, Tu, W	10:55am-11:25am
207185	Olney SwC	6/18	W	7:05pm-7:35pm
207186	Olney SwC	6/18	W	7:45pm-8:15pm
207176	Olney SwC	6/21	Sa	10:40am-11:10am
207177	Olney SwC	6/21	Sa	11:20am-11:50am
207178	Olney SwC	6/21	Sa	12:00pm-12:30pm
207179	Olney SwC	6/22	Su	10:40am-11:10am
207180	Olney SwC	6/22	Su	11:20am-11:50am
207181	Olney SwC	6/22	Su	12:00pm-12:30pm
207183	Olney SwC	6/24	Tu	6:30pm-7:00pm
207182	Olney SwC	6/26	Th	10:10am-10:40am
207190	Olney SwC	6/30	M, Tu, W	9:35am-10:05am
207191	Olney SwC	6/30	M, Tu, W	10:15am-10:45am
207192	Olney SwC	7/14	M, Tu, W	9:00am-9:30am
207193	Olney SwC	7/14	M, Tu, W	10:55am-11:25am
207194	Olney SwC	7/28	M, Tu, W	9:00am-9:35am
207195	Olney SwC	7/28	M, Tu, W	10:55am-11:25am

Olney-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions

\$57

207350	Olney SwC	6/16	M, Tu, W	10:55am-11:25am
207349	Olney SwC	6/18	W	7:45pm-8:15pm
207346	Olney SwC	6/21	Sa	11:20am-11:50am
207347	Olney SwC	6/22	Su	10:00am-10:30am
207348	Olney SwC	6/22	Su	10:40am-11:10am
207351	Olney SwC	6/30	M, Tu, W	9:35am-10:05am
207352	Olney SwC	7/14	M, Tu, W	9:35am-10:05am



Olney-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions

\$52

207404	Olney SwC	6/16	M, Tu, W	9:00am-9:30am
207403	Olney SwC	6/18	W	6:25pm-6:55pm
207400	Olney SwC	6/21	Sa	10:00am-10:30am
207401	Olney SwC	6/22	Su	10:00am-10:30am
207402	Olney SwC	6/24	Tu	5:55pm-6:25pm
207405	Olney SwC	7/14	M, Tu, W	10:55am-11:25am

Olney-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions

\$52

207412	Olney SwC	6/16	M, Tu, W	9:00am-9:30am
207411	Olney SwC	6/18	W	6:25pm-6:55pm
207407	Olney SwC	6/21	Sa	10:00am-10:30am
207408	Olney SwC	6/21	Sa	10:40am-11:10am
207409	Olney SwC	6/22	Su	10:00am-10:30am
207410	Olney SwC	6/22	Su	10:40am-11:10am
207413	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207414	Olney SwC	7/14	M, Tu, W	9:00am-9:30am
207415	Olney SwC	7/28	M, Tu, W	9:35am-10:05am

Olney-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions

\$50

207421	Olney SwC	6/16	M, Tu, W	9:35am-10:05am
207420	Olney SwC	6/18	W	7:05pm-7:35pm
207416	Olney SwC	6/21	Sa	10:40am-11:10am
207417	Olney SwC	6/22	Su	10:40am-11:10am
207418	Olney SwC	6/22	Su	11:20am-11:50am
207419	Olney SwC	6/26	Th	10:50am-11:20am
207422	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207423	Olney SwC	7/14	M, Tu, W	10:15am-10:45am
207425	Olney SwC	7/14	M, Tu, W	10:55am-11:25am
207424	Olney SwC	7/28	M, Tu, W	9:35am-10:05am



Olney-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$50

207430	Olney SwC	6/16	M, Tu, W	10:15am-10:45am
207429	Olney SwC	6/18	W	7:05pm-7:35pm
207426	Olney SwC	6/21	Sa	11:20am-11:50am
207427	Olney SwC	6/22	Su	11:20am-11:50am
207428	Olney SwC	6/26	Th	10:10am-10:40am
207431	Olney SwC	6/30	M, Tu, W	10:55am-11:25am
207432	Olney SwC	7/14	M, Tu, W	10:55am-11:25am
207433	Olney SwC	7/28	M, Tu, W	10:15am-10:45am

Olney-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

207437	Olney SwC	6/16	M, Tu, W	9:35am-10:05am
207436	Olney SwC	6/18	W	7:45pm-8:15pm
207434	Olney SwC	6/21	Sa	12:00pm-12:30pm
207435	Olney SwC	6/22	Su	12:00pm-12:30pm
207438	Olney SwC	6/30	M, Tu, W	10:15am-10:45am
207439	Olney SwC	7/14	M, Tu, W	9:35am-10:05am
207440	Olney SwC	7/14	M, Tu, W	10:15am-10:45am
207441	Olney SwC	7/28	M, Tu, W	10:55am-11:25am

Olney-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

207442	Olney SwC	6/21	Sa	12:00pm-12:30pm
207443	Olney SwC	6/22	Su	12:00pm-12:30pm
207444	Olney SwC	6/30	M, Tu, W	9:35am-10:05am
207445	Olney SwC	7/14	M, Tu, W	9:35am-10:05am

**Olney-Adult-Level 1**

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions \$59

207447	Olney SwC	6/18	W	7:45pm-8:15pm
207446	Olney SwC	6/26	Th	5:55pm-6:25pm
207448	Olney SwC	6/30	M, Tu, W	9:35am-10:05am

Olney-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions \$57

207450	Olney SwC	6/18	W	7:05pm-7:35pm
207449	Olney SwC	6/21	Sa	11:20am-11:50am
207451	Olney SwC	6/30	M, Tu, W	9:00am-9:30am
207452	Olney SwC	7/14	M, Tu, W	10:15am-10:45am

Olney-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

207454	Olney SwC	6/18	W	7:45pm-8:15pm
207453	Olney SwC	6/21	Sa	10:00am-10:30am
207455	Olney SwC	6/30	M, Tu, W	10:15am-10:45am
207456	Olney SwC	7/14	M, Tu, W	9:35am-10:05am

Olney-Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

207457	Olney SwC	6/21	Sa	10:40am-11:10am
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Olney-Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

207458	Olney SwC	6/18	W	8:20pm-8:50pm
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Bethesda Outdoor Pool

Phone: 301-652-1598

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-652-1598 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Bethesda-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$50
209680	Bethesda Pool	6/14	Sa	9:40am-10:10am
209681	Bethesda Pool	6/15	Su	10:20am-10:50am
209682	Bethesda Pool	6/15	Su	11:00am-11:30am
209677	Bethesda Pool	6/30	M-Th	10:20am-10:50am
209678	Bethesda Pool	7/14	M-Th	10:20am-10:50am
209679	Bethesda Pool	7/28	M-Th	9:40am-10:10am

Bethesda-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$50
209632	Bethesda Pool	6/14	Sa	9:00am-9:30am
209633	Bethesda Pool	6/14	Sa	10:20am-10:50am
209634	Bethesda Pool	6/15	Su	9:00am-9:30am
209635	Bethesda Pool	6/15	Su	9:40am-10:10am
209628	Bethesda Pool	6/16	M-Th	10:20am-10:50am
209629	Bethesda Pool	6/30	M-Th	9:40am-10:10am
209630	Bethesda Pool	7/14	M-Th	9:00am-9:30am
209631	Bethesda Pool	7/28	M-Th	10:20am-10:50am



Bethesda-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$50
209674	Bethesda Pool	6/14	Sa	9:00am-9:30am
209675	Bethesda Pool	6/14	Sa	11:00am-11:30am
209676	Bethesda Pool	6/15	Su	9:00am-9:30am
209670	Bethesda Pool	6/16	M-Th	9:00am-9:30am
209671	Bethesda Pool	6/30	M-Th	9:00am-9:30am
209672	Bethesda Pool	7/14	M-Th	9:40am-10:10am
209673	Bethesda Pool	7/28	M-Th	9:00am-9:30am

Bethesda-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions				\$59
209646	Bethesda Pool	6/14	Sa	9:00am-9:30am
209647	Bethesda Pool	6/14	Sa	10:20am-10:50am
209648	Bethesda Pool	6/14	Sa	11:00am-11:30am
209649	Bethesda Pool	6/15	Su	9:40am-10:10am
209650	Bethesda Pool	6/15	Su	11:00am-11:30am
209636	Bethesda Pool	6/16	M-Th	9:00am-9:30am
209637	Bethesda Pool	6/16	M-Th	10:20am-10:50am
209638	Bethesda Pool	6/16	M-Th	10:20am-10:50am
209639	Bethesda Pool	6/30	M-Th	9:40am-10:10am
209640	Bethesda Pool	6/30	M-Th	10:20am-10:50am
209641	Bethesda Pool	7/14	M-Th	9:00am-9:30am
209642	Bethesda Pool	7/14	M-Th	9:40am-10:10am
209643	Bethesda Pool	7/14	M-Th	10:20am-10:50am
209644	Bethesda Pool	7/28	M-Th	9:00am-9:30am
209645	Bethesda Pool	7/28	M-Th	9:40am-10:10am

Bethesda-Pre-Beginner-Level 2

Designed for children 4-6 years. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions				\$57
209659	Bethesda Pool	6/14	Sa	9:40am-10:10am
209660	Bethesda Pool	6/14	Sa	11:00am-11:30am
209661	Bethesda Pool	6/15	Su	10:20am-10:50am
209651	Bethesda Pool	6/16	M-Th	9:00am-9:30am
209652	Bethesda Pool	6/16	M-Th	9:40am-10:10am
209653	Bethesda Pool	6/30	M-Th	9:00am-9:30am
209654	Bethesda Pool	6/30	M-Th	9:40am-10:10am
209655	Bethesda Pool	7/14	M-Th	9:00am-9:30am
209656	Bethesda Pool	7/14	M-Th	10:20am-10:50am
209657	Bethesda Pool	7/28	M-Th	9:40am-10:10am
209658	Bethesda Pool	7/28	M-Th	10:20am-10:50am



Our swim lessons emphasize safety and fun!



Bethesda-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions					\$57
209667	Bethesda Pool	6/15	Su	10:20am-10:50am	
209668	Bethesda Pool	6/15	Su	11:00am-11:30am	
209662	Bethesda Pool	6/16	M-Th	9:40am-10:10am	
209663	Bethesda Pool	6/30	M-Th	9:00am-9:30am	
209664	Bethesda Pool	6/30	M-Th	10:20am-10:50am	
209665	Bethesda Pool	7/14	M-Th	9:40am-10:10am	
209666	Bethesda Pool	7/28	M-Th	9:00am-9:30am	

Bethesda-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions					\$57
209669	Bethesda Pool	7/28	M-Th	10:20am-10:50am	

Bethesda-Youth-Level 1

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions					\$52
209687	Bethesda Pool	6/15	Su	9:40am-10:10am	
209683	Bethesda Pool	6/16	M-Th	9:00am-9:30am	
209684	Bethesda Pool	6/30	M-Th	9:40am-10:10am	
209685	Bethesda Pool	7/14	M-Th	10:20am-10:50am	
209686	Bethesda Pool	7/28	M-Th	9:40am-10:10am	

Bethesda-Youth-Level 2

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). Class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions					\$52
209691	Bethesda Pool	6/14	Sa	10:20am-10:50am	
209688	Bethesda Pool	6/16	M-Th	10:20am-10:50am	
209689	Bethesda Pool	6/30	M-Th	9:00am-9:30am	
209690	Bethesda Pool	7/28	M-Th	9:00am-9:30am	



Bethesda-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions					\$50
209695	Bethesda Pool	6/14	Sa	9:40am-10:10am	
209692	Bethesda Pool	6/16	M-Th	9:40am-10:10am	
209693	Bethesda Pool	6/30	M-Th	10:20am-10:50am	
209694	Bethesda Pool	7/14	M-Th	9:40am-10:10am	

Bethesda-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions					\$50
209698	Bethesda Pool	6/15	Su	9:00am-9:30am	
209696	Bethesda Pool	6/16	M-Th	9:40am-10:10am	
209697	Bethesda Pool	7/28	M-Th	10:20am-10:50am	

Bethesda-Youth-Level 5

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions					\$50
209699	Bethesda Pool	7/14	M-Th	9:00am-9:30am	

Bethesda-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions					\$57
209626	Bethesda Pool	6/16	M, W	8:10pm-8:40pm	

Bethesda-Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions					\$57
209627	Bethesda Pool	7/16	W, M	8:10pm-8:40pm	



Germantown Outdoor Pool

Phone: 301-601-1690

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-601-1690 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Germantown-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$50
209864	Germantown Out	6/14	Sa	10:20am-10:50am	
209863	Germantown Out	6/30	M-Th	9:40am-10:10am	

Germantown-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$50
209819	Germantown Out	6/14	Sa	9:40am-10:10am	
209821	Germantown Out	6/15	Su	9:00am-9:30am	
209817	Germantown Out	6/16	M-Th	9:40am-10:10am	
209818	Germantown Out	7/28	M-Th	9:40am-10:10am	

Germantown-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions					\$50
209861	Germantown Out	6/14	Sa	9:00am-9:30am	
209862	Germantown Out	6/15	Su	9:40am-10:10am	
209859	Germantown Out	7/14	M-Th	9:40am-10:10am	
209860	Germantown Out	7/28	M-Th	10:20am-10:50am	

Germantown-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions					\$59
209832	Germantown Out	6/14	Sa	9:00am-9:30am	
209833	Germantown Out	6/14	Sa	10:20am-10:50am	
209834	Germantown Out	6/14	Sa	11:00am-11:30am	
209835	Germantown Out	6/15	Su	9:00am-9:30am	
209836	Germantown Out	6/15	Su	11:00am-11:30am	
209822	Germantown Out	6/16	M-Th	9:00am-9:30am	
209823	Germantown Out	6/16	M-Th	9:40am-10:10am	
209824	Germantown Out	6/16	M-Th	10:20am-10:50am	
209825	Germantown Out	6/30	M-Th	9:00am-9:30am	



209826	Germantown Out	6/30	M-Th	9:40am-10:10am	
209827	Germantown Out	7/14	M-Th	9:00am-9:30am	
209828	Germantown Out	7/14	M-Th	10:20am-10:50am	
209829	Germantown Out	7/28	M-Th	9:00am-9:30am	
217698	Germantown Out	7/28	M-Th	9:00am-9:30am	
209831	Germantown Out	7/28	M-Th	9:40am-10:10am	

Germantown-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on thier front. Class size limited to 6 students.

8 Sessions					\$57
209849	Germantown Out	6/14	Sa	9:40am-10:10am	
209850	Germantown Out	6/14	Sa	11:00am-11:30am	
209851	Germantown Out	6/15	Su	9:40am-10:10am	
209852	Germantown Out	6/15	Su	10:20am-10:50am	
209853	Germantown Out	6/15	Su	11:00am-11:30am	
209837	Germantown Out	6/16	M-Th	9:00am-9:30am	
209838	Germantown Out	6/16	M-Th	9:40am-10:10am	
209839	Germantown Out	6/16	M-Th	10:20am-10:50am	
209840	Germantown Out	6/30	M-Th	9:00am-9:30am	
209841	Germantown Out	6/30	M-Th	9:40am-10:10am	
209842	Germantown Out	6/30	M-Th	10:20am-10:50am	
209843	Germantown Out	7/14	M-Th	9:00am-9:30am	
209844	Germantown Out	7/14	M-Th	9:40am-10:10am	
209845	Germantown Out	7/14	M-Th	10:20am-10:50am	
209846	Germantown Out	7/28	M-Th	9:00am-9:30am	
209847	Germantown Out	7/28	M-Th	9:40am-10:10am	
209848	Germantown Out	7/28	M-Th	10:20am-10:50am	

Germantown-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions					\$57
217392	Germantown Out	6/14	Sa	11:00am-11:30am	
209857	Germantown Out	6/15	Su	10:20am-10:50am	
209854	Germantown Out	6/16	M-Th	10:20am-10:50am	
217390	Germantown Out	6/30	M-Th	9:00am-9:30am	
209855	Germantown Out	7/14	M-Th	9:00am-9:30am	
217391	Germantown Out	7/14	M-Th	10:20am-10:50am	
209856	Germantown Out	7/28	M-Th	10:20am-10:50am	

Germantown-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions					\$57
209858	Germantown Out	6/30	M-Th	10:20am-10:50am	

Our small class sizes ensure that young swimmers get the individual attention they need.

Germantown-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions				\$52
209869	Germantown Out	6/14	Sa	9:00am-9:30am
209870	Germantown Out	6/15	Su	11:00am-11:30am
209865	Germantown Out	6/16	M-Th	9:00am-9:30am
209866	Germantown Out	6/30	M-Th	10:20am-10:50am
209867	Germantown Out	7/14	M-Th	9:00am-9:30am
209868	Germantown Out	7/28	M-Th	9:00am-9:30am

Germantown-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions				\$52
209875	Germantown Out	6/14	Sa	9:40am-10:10am
209876	Germantown Out	6/15	Su	10:20am-10:50am
209871	Germantown Out	6/16	M-Th	9:40am-10:10am
209872	Germantown Out	6/30	M-Th	9:00am-9:30am
209873	Germantown Out	7/14	M-Th	10:20am-10:50am
209874	Germantown Out	7/28	M-Th	9:40am-10:10am

Germantown-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions				\$50
209880	Germantown Out	6/14	Sa	10:20am-10:50am
209881	Germantown Out	6/15	Su	9:40am-10:10am
209877	Germantown Out	6/16	M-Th	9:00am-9:30am
209878	Germantown Out	6/30	M-Th	9:40am-10:10am
209879	Germantown Out	7/14	M-Th	9:40am-10:10am

Germantown-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions				\$50
209884	Germantown Out	6/15	Su	9:00am-9:30am
209882	Germantown Out	6/16	M-Th	10:20am-10:50am
209883	Germantown Out	7/14	M-Th	10:20am-10:50am

Germantown-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions				\$50
209885	Germantown Out	6/30	M-Th	10:20am-10:50am
209886	Germantown Out	7/28	M-Th	10:20am-10:50am

**Glenmont Outdoor Pool**

Phone: 301-929-5460

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-929-5460 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Glenmont-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$50
209769	Glenmont Pool	6/14	Sa	9:40am-10:10am
209772	Glenmont Pool	7/14	M-Th	10:30am-11:00am

Glenmont-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions				\$50
209703	Glenmont Pool	6/14	Sa	10:20am-10:50am
209704	Glenmont Pool	6/15	Su	9:00am-9:30am
209705	Glenmont Pool	6/30	M-Th	10:30am-11:00am
209707	Glenmont Pool	7/14	M-Th	9:50am-10:20am
209708	Glenmont Pool	7/28	M-Th	9:15am-9:45am



Glenmont-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions **\$50**

209761	Glenmont Pool	6/14	Sa	9:00am-9:30am
209762	Glenmont Pool	6/15	Su	10:20am-10:50am
209763	Glenmont Pool	6/16	M-Th	9:15am-9:45am
209764	Glenmont Pool	6/16	M-Th	10:30am-11:00am
209765	Glenmont Pool	6/30	M-Th	9:15am-9:45am
209768	Glenmont Pool	7/28	M-Th	9:50am-10:20am

Glenmont-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions **\$59**

209709	Glenmont Pool	6/14	Sa	9:40am-10:10am
209710	Glenmont Pool	6/14	Sa	10:20am-10:50am
209711	Glenmont Pool	6/15	Su	9:00am-9:30am
209712	Glenmont Pool	6/15	Su	9:40am-10:10am
209713	Glenmont Pool	6/16	M-Th	9:15am-9:45am
209715	Glenmont Pool	6/16	M-Th	9:50am-10:20am
209717	Glenmont Pool	6/16	M-Th	10:30am-11:00am
209719	Glenmont Pool	6/30	M-Th	9:15am-9:45am
209721	Glenmont Pool	6/30	M-Th	9:50am-10:20am
209723	Glenmont Pool	6/30	M-Th	10:30am-11:00am
209724	Glenmont Pool	7/14	M-Th	9:15am-9:45am
209725	Glenmont Pool	7/14	M-Th	9:50am-10:20am
209727	Glenmont Pool	7/14	M-Th	10:30am-11:00am
209729	Glenmont Pool	7/28	M-Th	9:50am-10:20am
209730	Glenmont Pool	7/28	M-Th	10:30am-11:00am

Glenmont-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions **\$57**

209731	Glenmont Pool	6/14	Sa	9:00am-9:30am
209732	Glenmont Pool	6/14	Sa	10:20am-10:50am
209733	Glenmont Pool	6/15	Su	9:40am-10:10am
209734	Glenmont Pool	6/16	M-Th	9:15am-9:45am
209736	Glenmont Pool	6/16	M-Th	9:50am-10:20am
209737	Glenmont Pool	6/16	M-Th	10:30am-11:00am
209739	Glenmont Pool	6/30	M-Th	9:15am-9:45am
209743	Glenmont Pool	6/30	M-Th	10:30am-11:00am
209745	Glenmont Pool	7/14	M-Th	9:50am-10:20am
209746	Glenmont Pool	7/14	M-Th	10:30am-11:00am
209747	Glenmont Pool	7/28	M-Th	9:15am-9:45am

Glenmont-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions **\$57**

209749	Glenmont Pool	6/16	M-Th	9:50am-10:20am
209751	Glenmont Pool	6/30	M-Th	10:30am-11:00am
209754	Glenmont Pool	7/14	M-Th	9:15am-9:45am
209756	Glenmont Pool	7/28	M-Th	9:15am-9:45am



Glenmont-Pre-Beginner-Level 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

8 Sessions **\$57**

209758	Glenmont Pool	6/16	M-Th	9:50am-10:20am
209759	Glenmont Pool	7/14	M-Th	9:50am-10:20am

Glenmont-Youth-Level 1

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions **\$52**

209786	Glenmont Pool	6/14	Sa	9:00am-9:30am
209785	Glenmont Pool	6/15	Su	9:40am-10:10am
209778	Glenmont Pool	6/16	M-Th	10:30am-11:00am
209780	Glenmont Pool	6/30	M-Th	9:50am-10:20am
209781	Glenmont Pool	7/28	M-Th	10:30am-11:00am

Glenmont-Youth-Level 2

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions **\$52**

209787	Glenmont Pool	6/14	Sa	9:40am-10:10am
209788	Glenmont Pool	6/15	Su	10:20am-10:50am
209789	Glenmont Pool	6/16	M-Th	9:15am-9:45am
209790	Glenmont Pool	6/30	M-Th	9:15am-9:45am
209791	Glenmont Pool	6/30	M-Th	9:50am-10:20am
209792	Glenmont Pool	6/30	M-Th	10:30am-11:00am
209795	Glenmont Pool	7/28	M-Th	10:30am-11:00am

Glenmont-Youth-Level 3

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who can already swim a combined stroke on front and back, using a kick and arm stroke for a minimum of 5 yards. Class size limited to 10 students.

8 Sessions **\$50**

209801	Glenmont Pool	6/15	Su	9:00am-9:30am
209802	Glenmont Pool	6/30	M-Th	9:15am-9:45am
209803	Glenmont Pool	6/30	M-Th	9:50am-10:20am
209805	Glenmont Pool	7/14	M-Th	9:15am-9:45am
209807	Glenmont Pool	7/14	M-Th	10:30am-11:00am
209809	Glenmont Pool	7/28	M-Th	9:50am-10:20am

*Put your child
in the swim of
things with our
swim lessons.*

Glenmont-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions **\$50**

209811	Glenmont Pool	7/14	M-Th	9:15am-9:45am
209813	Glenmont Pool	7/28	M-Th	9:15am-9:45am

Glenmont-Youth-Level 5

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

8 Sessions **\$50**

209815	Glenmont Pool	7/28	M-Th	10:30am-11:00am
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Glenmont-Youth-Level 6

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

8 Sessions **\$50**

209816	Glenmont Pool	7/28	M-Th	9:50am-10:20am
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Glenmont-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

8 Sessions **\$59**

209700	Glenmont Pool	6/15	Su	10:40am-11:10am
209701	Glenmont Pool	6/19	Th	8:10pm-8:40pm

Glenmont-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions **\$57**

209702	Glenmont Pool	6/17	Tu	8:10pm-8:40pm
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**Long Branch Outdoor Pool**

Phone: 301-431-5700

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-431-5700 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Long Branch-Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions **\$50**

209911	Long Branch Pool	6/15	Su	11:00am-11:30am
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Long Branch-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions **\$50**

209889	Long Branch Pool	6/15	Su	10:20am-10:50am
209890	Long Branch Pool	7/14	M-Th	9:00am-9:30am

Long Branch-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions **\$50**

209907	Long Branch Pool	6/15	Su	9:40am-10:10am
209908	Long Branch Pool	6/16	M-Th	9:40am-10:10am
209910	Long Branch Pool	7/15	Tu, Th	7:30pm-8:00pm
209909	Long Branch Pool	7/28	M-Th	10:20am-10:50am

Long Branch-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions **\$59**

209891	Long Branch Pool	6/15	Su	9:40am-10:10am
209892	Long Branch Pool	6/16	M-Th	9:00am-9:30am
209893	Long Branch Pool	6/30	M-Th	9:40am-10:10am
209894	Long Branch Pool	6/30	M-Th	10:20am-10:50am
209895	Long Branch Pool	7/14	M-Th	9:40am-10:10am
209898	Long Branch Pool	7/14	M-Th	9:00am-9:30am
209896	Long Branch Pool	7/28	M-Th	9:00am-9:30am
209897	Long Branch Pool	7/28	M-Th	10:20am-10:50am



Long Branch-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions				\$57
209899	Long Branch Pool	6/15	Su	10:20am-10:50am
209900	Long Branch Pool	6/16	M-Th	10:20am-10:50am
209901	Long Branch Pool	6/30	M-Th	9:00am-9:30am
209902	Long Branch Pool	7/14	M-Th	10:20am-10:50am
209903	Long Branch Pool	7/28	M-Th	9:40am-10:10am

Long Branch-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions				\$57
209906	Long Branch Pool	6/10	Tu, Th	7:30pm-8:00pm
209904	Long Branch Pool	6/15	Su	11:00am-11:30am
209905	Long Branch Pool	6/16	M-Th	9:40am-10:10am

Long Branch-Youth-Level 1

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions				\$52
209917	Long Branch Pool	6/10	Tu, Th	7:30pm-8:00pm
209912	Long Branch Pool	6/15	Su	10:20am-10:50am
209913	Long Branch Pool	6/16	M-Th	10:20am-10:50am
209914	Long Branch Pool	6/30	M-Th	9:00am-9:30am
209915	Long Branch Pool	7/14	M-Th	9:40am-10:10am
209916	Long Branch Pool	7/28	M-Th	9:40am-10:10am

Long Branch-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions				\$52
209918	Long Branch Pool	6/15	Su	11:00am-11:30am
209919	Long Branch Pool	6/16	M-Th	9:00am-9:30am
209920	Long Branch Pool	6/30	M-Th	9:40am-10:10am
209921	Long Branch Pool	7/14	M-Th	10:20am-10:50am

Long Branch-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions				\$50
209922	Long Branch Pool	6/15	Su	9:40am-10:10am
209923	Long Branch Pool	6/30	M-Th	10:20am-10:50am
209925	Long Branch Pool	7/15	Tu, Th	7:30pm-8:00pm
209924	Long Branch Pool	7/28	M-Th	9:00am-9:40am

Long Branch-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions				\$50
209926	Long Branch Pool	7/14	M-Th	9:00am-9:30am

Long Branch-Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

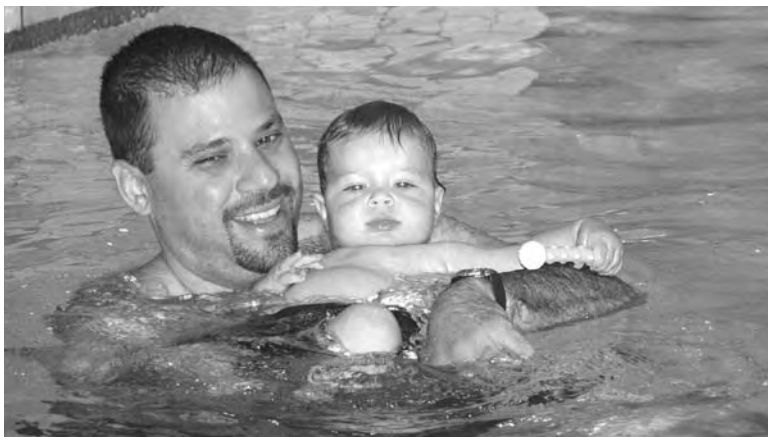
8 Sessions				\$59
209887	Long Branch Pool	6/10	Tu, Th	8:00pm-8:30pm

Long Branch-Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

8 Sessions				\$57
209888	Long Branch Pool	7/15	Tu, Th	8:00pm-8:30pm





Upper County Outdoor Pool

Phone: 301-840-2446

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-840-2446 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Upper County-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$50
206946 Upper Cnty Pool 6/15 Su 10:20am-10:50am

Upper County-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$50
206943 Upper Cnty Pool 6/15 Su 9:40am-10:10am
206942 Upper Cnty Pool 6/16 M-Th 10:20am-10:50am

Upper County-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions \$59
206947 Upper Cnty Pool 6/15 Su 11:00am-11:30am
206948 Upper Cnty Pool 6/16 M-Th 9:00am-9:30am
206949 Upper Cnty Pool 6/30 M-Th 9:00am-9:30am
206950 Upper Cnty Pool 6/30 M-Th 9:40am-10:10am
206951 Upper Cnty Pool 7/14 M-Th 9:00am-9:30am
206952 Upper Cnty Pool 7/14 M-Th 9:40am-10:10am

Upper County-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions \$57
206953 Upper Cnty Pool 6/16 M-Th 9:40am-10:10am
206954 Upper Cnty Pool 6/30 M-Th 10:20am-10:50am
206955 Upper Cnty Pool 7/14 M-Th 10:20am-10:50am

Upper County-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions \$57
206958 Upper Cnty Pool 6/16 M-Th 9:00am-9:30am

Upper County-Youth-Level 1

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions \$52
206960 Upper Cnty Pool 6/30 M-Th 10:20am-10:50am
206961 Upper Cnty Pool 7/14 M-Th 10:20am-10:50am

Upper County-Youth-Level 2

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions \$52
206964 Upper Cnty Pool 6/16 M-Th 9:40am-10:10am
206965 Upper Cnty Pool 6/30 M-Th 9:40am-10:10am
206966 Upper Cnty Pool 7/14 M-Th 9:00am-9:30am

Upper County-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions \$50
206968 Upper Cnty Pool 6/16 M-Th 10:20am-10:50am
206969 Upper Cnty Pool 6/30 M-Th 9:00am-9:30am
206970 Upper Cnty Pool 7/14 M-Th 9:40am-10:10am



Ready, set, dive into swim lessons!



Western County Pool

Phone: 301-349-2217

Registration begins June 2. Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-349-2217 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses are scheduled for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

See page 13 for registration information.

Western-Aquatots

Designed for children 18 months–3 years old. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$50
209930 West Cnty Pool 6/14 Sa 9:40am-10:10am



Western-Pre-School

Designed for children 3-5 years old. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water. Class size is limited to 10 parent/child registrations.

8 Sessions \$50
209956 West Cnty Pool 6/14 Sa 9:00am-9:30am
209954 West Cnty Pool 6/16 M-Th 11:00am-11:30am

Western-Pre-Beginner-Level 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

8 Sessions \$59
209939 West Cnty Pool 6/14 Sa 9:00am-9:30am
209940 West Cnty Pool 6/14 Sa 11:00am-11:30am
209931 West Cnty Pool 6/16 M-Th 10:20am-10:50am
209932 West Cnty Pool 6/16 M-Th 11:00am-11:30am
209933 West Cnty Pool 6/30 M-Th 9:40am-10:10am
209934 West Cnty Pool 6/30 M-Th 10:20am-10:50am
209935 West Cnty Pool 7/14 M-Th 9:40am-10:10am
209936 West Cnty Pool 7/14 M-Th 10:20am-10:50am

Western-Pre-Beginner-Level 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

8 Sessions \$57
209947 West Cnty Pool 6/14 Sa 9:40am-10:10am
209948 West Cnty Pool 6/14 Sa 10:20am-10:50am
216669 West Cnty Pool 6/14 Sa 11:00am-11:30am
209941 West Cnty Pool 6/16 M-Th 9:40am-10:10am
209942 West Cnty Pool 6/16 M-Th 10:20am-10:50am
209943 West Cnty Pool 6/30 M-Th 10:20am-10:50am
216670 West Cnty Pool 6/30 M-Th 11:00am-11:30am
209944 West Cnty Pool 7/14 M-Th 9:40am-10:10am
209945 West Cnty Pool 7/14 M-Th 11:00am-11:30am

Parents overconfident in their child's swimming ability

According to the American Academy of Pediatrics, “generally, children are not developmentally ready for swimming lessons until after their fourth birthday. Aquatic programs for infants and toddlers have not been shown to decrease the risk of drowning, and parents should not feel secure that their child is safe in water or safe from drowning after participating in such programs.” Parent assisted classes will help a child adapt and feel comfortable in the water, helping to prepare the child for future lessons.

That doesn't mean, however, that children should not get swimming instruction.

“Some have the misconception that the AAP is saying that no child should have swimming lessons until they are 4. There are developmental differences with every child.” said Dr. Eric Small, chairman of the AAP Council on Sports Medicine and Fitness.

What he does stress is that parents should be within arm's reach of a child, regardless of whether that child has had swimming lessons, until a child is 6 to 8 years old, depending on the child's swimming ability.

“Physically, children are not ready for all the coordination of the motions and the balance in the water at younger ages than 4. Some are not ready until they are 5 or 6,” Dr. Small said.

The AAP report on swimming safety states that “children who begin swimming lessons at an earlier age does not translate to a more rapid mastery of aquatic skills or a higher level of swimming proficiency compared with those taking lessons at a later age.”

Drowning is a leading cause of unintentional injury and death in the pediatric age group. In the United States, drowning rates are the highest among children ages 1 through 2, according to the AAP.



Western-Pre-Beginner-Level 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

8 Sessions				\$57	
209953	West Cnty Pool	6/14	Sa	10:20am-10:50am	
209949	West Cnty Pool	6/16	M-Th	9:40am-10:10am	
209950	West Cnty Pool	6/30	M-Th	9:40am-10:10am	
209951	West Cnty Pool	6/30	M-Th	11:00am-11:30am	
216671	West Cnty Pool	7/14	M-Th	11:00am-11:30am	

Western-Youth-Level 1

Designed for children at least 6 years old. Classes are primarily taught in the Main Pool (3½ ft and deeper). For students who need to learn basic water adjustment skills. Class size is limited to 8 students.

8 Sessions				\$52	
209962	West Cnty Pool	6/14	Sa	9:00am-9:30am	
209958	West Cnty Pool	6/16	M-Th	9:40am-10:10am	
209959	West Cnty Pool	6/30	M-Th	10:20am-10:50am	
209960	West Cnty Pool	7/14	M-Th	10:20am-10:50am	

Western-Youth-Level 2

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

8 Sessions				\$52	
209966	West Cnty Pool	6/14	Sa	9:40am-10:10am	
209963	West Cnty Pool	6/16	M-Th	10:20am-10:50am	
209964	West Cnty Pool	6/30	M-Th	11:00am-11:30am	
209965	West Cnty Pool	7/14	M-Th	9:40am-10:10am	

Western-Youth-Level 3

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

8 Sessions				\$50	
209971	West Cnty Pool	6/14	Sa	10:20am-10:50am	
209967	West Cnty Pool	6/16	M-Th	11:00am-11:30am	
209968	West Cnty Pool	6/30	M-Th	9:40am-10:10am	
209969	West Cnty Pool	7/14	M-Th	10:20am-10:50am	

Western-Youth-Level 4

Designed for children at least 6 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

8 Sessions				\$50	
209974	West Cnty Pool	6/14	Sa	11:00am-11:30am	
209972	West Cnty Pool	7/14	M-Th	11:00am-11:30am	

Access Cards are now required for all Recreation activities!

FREE
Get one
today



What is an Access Card?

It is a participant card which is scanned upon entrance to any Recreation facility. The Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

One card does it all!

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

For more information call 240-777-6820 or go to
www.montgomerycountymd.gov/rec

Your credit card Security is important to us!

New!

Secure!

Centralized!



**Fax, mail, and walk-in registration
procedures are changing.**



"The Montgomery County Department of Recreation offers a variety of ways to register for its many programs and services. While we take fun seriously, we are also serious about protecting your personal information. With that in mind, the Department is implementing several new registration procedures. It is our goal to provide you with an efficient and secure registration process. We appreciate your business!"

-Gabriel Albornoz, Director

5 Ways to Register!

RecWeb

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

Fax

New centralized number: 240-777-6818. Available 24 hours a day, 7 days a week. Stored and processes in a secure environment. Confirmations promptly mailed to you.

Mail

New centralized address:

Registrar, Montgomery County Department of Recreation,
4010 Randolph Road,
Silver Spring, MD 20902

Confirmations promptly mailed to you.

Walk-in

While you wait! Registrations will be processed at the following locations:

- Recreation Department Administration Building
4010 Randolph Road, Silver Spring, MD 20902
- Recreation Indoor Pools (see page 7)
- Recreation Department Regional Offices (see page 99)

STARLine

Touch tone phone registration 240-777-8277, available 24 hours a day, 7 days a week. (Must sign up in advance and receive membership number.)

**For more information, visit our website at www.montgomerycountymd.gov/rec
or call our Customer Service Department at 240-777-6840**

TEENS IN Charge

County-Wide Special Events

Under-21 Pool Parties

Exciting events are being planned for the summer! Come join the fun at one or all of our annual summer pool parties. All Montgomery County Middle and High school teens are welcome to come cool off during the hot summer months. For just \$3.00, teens can swim, play games, and listen to a deejay play their favorite music. School ID is required for admission. For more information, please call the Teen Team office.



Saturday, July 5, 8:30-11pm

Wheaton/Glenmont, 12621 Dalewood Drive, Wheaton

Friday, July 11, 8:30-11pm

Germantown Pool, 18905 Kingsview Road, Germantown

Friday, July 18, 8:30-11pm

Martin Luther King Outdoor Pool, 1201 Jackson Road, Silver Spring

Friday, July 25, 8:30-11pm

Western County Pool, 20151 Fisher Avenue, Poolesville

Friday, August 1, 8:30-11pm

Upper County Outdoor Pool, 8211 Emory Grove Road, Gaithersburg

Teen Summer Concert Series

Enjoy the great music of local teen bands.

Thursdays, July 3, 10, 17, 24, and 31

Aspen Hill Community Library
4407 Aspen Hill Road
Rockville, Maryland

Cosponsored by Montgomery County Public Libraries
and Department of Recreation



Volunteer Corner

Teens Volunteer!

Youth Advisory Committee

Get involved! Youth Advisory Committee members plan and promote safe, fun events for Montgomery County teens such as Battle of the Bands and Chalk Out the Smoke. If public speaking is your thing, participate in the YAC Teen Leadership Forum. Make a difference by participating in a YAC sponsored Community Service Project!

YAC applications for the 2008–2009 term are due on June 13, 2008. Please visit the Teen Team web page to find out more!

Summer Camp Opportunities for Teens

See page 75 for listings.

CLASSES

*Learn it...**Love it...**Live it...*

Summer is in Boom!

Ideas to get out...get in shape...or just recreate

Check out these classes for Boomers of any age!

ArtLandscape, Cityscape and Seascape
(Ages 18 & Up)Stained Glass Open Studio
(Ages 16 & Up)

The Art of Venice (Ages 16&Up)

Dance

Zumba (Ages 16 & Up)

Swing (Ages 16 & Up)

Irish Ceili and Country Sets
(Ages 18 & Up)**Cooking**Caribbean Dinner Party
(Ages 15 & Up)Rockin' Moroccan Summer Flavors
(Ages 15 & Up)

PDQ Vegetarian (Ages 18 & Up)

Exercise & Fitness

Dynaerobics (Ages 16 & Up)

Group Personal Training
(Ages 16 & Up)**Wellness**How to Kick the Sugar Cravings
(Ages 16 & Up)

Gentle Yoga (Ages 16 & Up)

Xciting Xtras

Dog Obedience (Ages 12 & Up)


You Can Juggle Too, You Can Juggle
Three (Ages 13 & Up)**Tiny Tots**Tiny Hand Crafts Summer Fun
(Ages 2-7)

Music in Motion (Ages 2-5)

Find more in our class listings, beginning on the next page.

Summer Closing Schedule

For cancellation policy, see page 154.

 Classes will not meet.
(excludes Aquatics classes)

May						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Arts & Crafts for Youth & Families

All art classes are taught by professional artists. Read class descriptions for required material information. Teens may meet the age requirements for *Arts & Crafts for Adults*. Adults may register if age appropriate for some classes.

Youth Arts

Sunday Studio w/CREATE

Ages 4-6, Ages 7-12: Have fun and try something different! Explore pottery, painting, sculpture and other media. \$5 (ages 4-6) material fee due instructor at class, \$10 (ages 7-12) material fee due to instructor at class. Warning-this class fills quickly!

6 Sessions **\$50**

Instructor: Create Arts Center

Ages 4-6

217402 Create Arts Center 7/6 Su 10:00am-11:00am

Ages 7-12

217403 Create Arts Center 7/6 Su 11:30am-12:30pm

NEW Painting with Watercolors

Easy instructions to help you loosen up to learn the ins and outs of putting paint on paper. Easy to follow instructions. Lots of demonstrations to show you how paintings come together. Material list on the web site or call 240-777-6870 for list.

4 Sessions **\$40**

Instructor: Pyper H. Dixon

Ages 4-9

218098 Damascus CRC 7/10 Th 6:00pm-7:15pm

218099 East County CC 7/12 Sa 1:00pm-2:15pm

4 Sessions **\$65**

Ages 10&Up

218100 East County CC 7/12 Sa 10:15am-12:15pm

Animal Art-Draw&Clay

Ages 4-9: Study animals in the Serengeti, marine animals, dinosaurs and more! Based on the same principles and some of the techniques of Drawing on the Right Side of the Brain, this class also improves eye hand coordination and boosts self-confidence. \$10 material fee due to instructor at first class.

4 Sessions **\$37**

Instructor: Yolanda Prinsloo

219357 Bauer Drive CC 7/9 W 5:00pm-6:00pm



Very reasonably priced, a quality instructor and my son loved it.



Draw and Paint w/CREATE

Ages 6-8: Learn some of the basic techniques of drawing, such as looking and replicating simple 3-dimensional figures into a 2-dimensional format, using color to express feeling and emotions, creating expressive lines and shapes. There will be opportunities to have fun and learn through hands on experiences. \$10 material fee due to instructor at class.

6 Sessions **\$72**

Instructor: Create Arts Center

217408 Create Arts Center 7/8 Tu 4:00pm-5:30pm

NEW Children's Drawing Workshop

Ages 7-12: Have fun exploring the use of different mediums. \$10 material fee due to instructor at class.

6 Sessions **\$95**

Instructor: Margaret Deskin

217903 Bauer Drive CC 7/6 Su 10:30am-12:30pm

Awesome Artists

Ages 6-9: Explore various ways to create art using different materials and techniques. Learn basic art principles of line, shape, color and design. Encourage your imagination and individual expression. Class fee includes all material fees.

6 Sessions **\$68**

Instructor: Rochelle Fernandez

217999 Longwood CC 7/1 Tu 4:00pm-5:00pm

Fantastic Jewelry Workshop for Kids

Ages 8-12: Have fun creating fantastic jewelry of your choice. Create necklaces, bracelets, anklets, earrings, key chains and more with colorful feathers and beads. Make one for you and one for your friends and one for special occasions. Bring scissors, small package of colored feathers, colorful beads, 2 key rings, soft wire to class. \$3 additional fee due to instructor at class includes string and peacock feather.

1 Session **\$32**

Instructor: B.J. Asher

219425 Bauer Drive CC 7/27 Su 2:00pm-3:30pm

Cartooning w/CREATE

Ages 8-13: Many students are attracted to the excitement and story telling possibilities of cartooning. In this class, you will have the opportunity to create your own characters, story line and dialogue. Learn how to create a sense of time, three dimensional space and sequence of events. Maybe even create your own comic book! \$5 material fee due to instructor at class.

6 Sessions **\$72**

Instructor: Create Arts Center

217407 Create Arts Center 7/10 Th 4:00pm-5:30pm

Canvas Painting

Ages 9-14: Discover how to paint with acrylic or oil paints on canvas. Draw and paint landscape, flowers, animals and abstracts. \$5 hand out fee due instructor first day. Bring drawing pad, canvas pad, charcoal pencil, eraser and markers to first class. Instructor provides additional supply list on first day.

4 Sessions **\$50**

Instructor: B.J. Asher

219423 Long Branch CC 6/18 W 6:30pm-8:00pm

219422 Wheaton CC 7/7 M 5:00pm-6:30pm

219424 Leland CC 7/12 Sa 2:00pm-3:30pm

Let's Draw!

Ages 10&Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact the instructor at 240-593-4404 for supply list or see website.

6 Sessions **\$95**

Instructor: Pyper H. Dixon

218048 East County CC 7/12 Sa 2:30pm-4:30pm

Family Arts & Crafts

Adult participation is required. Registration is required for all participants.

Family Pottery with CREATE

Ages 6&Up: Adult participation and registration required with the child. Registration required for all participants. Learn the hand building methods of clay construction (pinch, coil, slab, and decorative techniques) and create sculptures and pottery using these methods and finish them with decorative techniques and glazing. Projects are fired in a kiln on our premises. You will produce several finished works of art. Child and adult can work together or independently. Younger students will need help and supervision from the parent, while the teacher helps the parent to help the child. Each person will finish many projects. \$20 material fee per person due to instructor at class. No wheel instruction.

6 Sessions **\$72**

Instructor: Create Arts Center

217409 Create Arts Center 7/6 Su 2:00pm-3:30pm

217410 Create Arts Center 7/6 Su 5:30pm-7:00pm

**Arts & Crafts for Adults**

All art classes are taught by professional artists. Please read class descriptions for required material information.

Teens are welcome to register if age appropriate. Adults may register with their children in the Family classes for *Arts & Crafts for Adults*.

Fine Art**Drawing on the Right Side of the Brain**

Ages 12&Up: Discover how to unhinge preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB,B1,B4), ruler, erasers or \$20 for materials fee due instructor. \$5 hand out fee.

7 Sessions **\$83**

Instructor: Yolanda Prinsloo

217703 Potomac CC 6/16 M 5:30pm-7:00pm

Advanced Right Brained Drawing

Ages 12&Up: If you have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience, build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class or see the material list on our website (or call 240-777-6870 for list).

7 Sessions **\$83**

Instructor: Yolanda Prinsloo

217704 Potomac CC 6/16 M 7:00pm-8:30pm

Abstract Painting

Ages 16&Up: Learn to create exciting and innovative paintings through the study of color, line, and space. Explore the path to abstraction using a series of drawing and painting exercises designed to examine non-traditional ways of handling traditional materials and subject matter. Work with the time-honored media of charcoal and pastel as well as the newer liquid acrylic glazes and media. Subjects include landscape, still life, and figure as well as nonrepresentational.

6 Sessions **\$95**

Instructor: Shara Banisadr

218000 Leland CC 7/1 Tu 2:00pm-4:00pm

Drawing or Painting-Your Choice

Ages 18&Up: Drawing includes basics of form shading and perspective using pencil, charcoal, pastels and other media. Painting students use acrylics or oil aided by instructor's demonstrations of color mixing and general use of materials. This class fills quickly! Materials discussed at the first class.

16 Sessions **\$250**

Instructor: Doris Haskell

217699 Leland CC 6/16 M, W 2:00pm-4:00pm

Collage Painting

Ages 16&Up: Explore how to use this versatile art form as a means of inner discovery using hands-on techniques. Learn collage art and paste-layering techniques that juxtapose images, fabric, and a combination of visual materials on a flat surface and the three-dimensional equivalents for assemblage. Create a personal history collage treasure box. \$30 material fee due to instructor at first class.

6 Sessions **\$95**

Instructor: Shara Banisadr

218001 Lynnbrook PC 6/30 M 1:00pm-3:00pm





Landscape, Cityscape, and Seascape

Ages 18&Up: You will learn how to draw and paint traditional landscapes, cityscapes, and seascapes based mostly on photographs. Discover the Wayne Thieubaud-perspective for cityscapes and Winslow Homer techniques for seascapes. Material fee discussed in class.

7 Sessions **\$110**

Instructor: Paul Zapatka

218148 Wheaton CC 6/21 Sa 12:30pm-2:30pm

Watercolor Experience

Ages 18&Up: Learn to paint, or paint even better in watercolors with a wide range of techniques and in many genres: landscape, still life, figure, floral, etc. Emphasis on mutual development through actual practice, and group discussion, under a highly experienced teacher's guidance. Supply list will be discussed in the first class. \$5 hand out fee due to instructor on the first day.

5 Sessions **\$100**

Instructor: Firouzeh Sadeghi

218101 Lynnbrook PC 7/7 M 9:30am-12:00pm

218102 Holiday Park SrC 7/8 Tu 7:00pm-9:30pm

Acrylic Painting Techniques

Ages 15&Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee covers palette paper and extra paints due to instructor. Call 240-777-6870 for material list.

7 Sessions **\$110**

Instructor: Margaret Deskin

217898 Bauer Drive CC 6/28 Sa 10:30am-12:30pm

Oil Painting

Ages 12&Up: Beginning to Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call 240-777-6870 for instructor's phone number to obtain material list. Material list is also available on our website. Bring paper towels.

5 Sessions **\$80**

Instructor: Yolanda Prinsloo

217701 Germantown CC 7/12 Sa 2:00pm-4:00pm



Pottery

Pottery at Sligo Creek

Ages 16&Up: All levels and experience. Explore handbuilding, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$25 material fee due to instructor at class.

4 Sessions **\$95**

Instructor: Angela Schreiber

215488 Sligo Creek ES 7/10 Th 9:30am-12:30pm

Instructor: Margaret Dickerson

215486 Sligo Creek ES 7/7 M 6:00pm-9:00pm

Pottery at Leland

Ages 12&Up: All levels: Pottery for everyone includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due to instructor at first class.

5 Sessions **\$80**

Instructor: Yolanda Prinsloo

217702 Leland CC 6/19 Th 7:00pm-9:00pm

Open studio at Germantown

Ages 16&Up: Self-directed students have access to equipment for thrown and handbuilt methods of clay work. Each student is supplied with 25 pounds of clay. Both commercial and hand made glazes are available. Some tools are available. Bring dry cleaner plastic, own tools if you have them, an old towel. Several bisque and glaze firings (to cone 6) will happen. A relaxed atmosphere for the creator in you. Material fee of \$26 due to instructor at first class.

6 Sessions **\$125**

Instructor: Valerie Haber

219358 Germantown CC 6/18 W 6:00pm-8:00pm

Pottery Open Studio

Ages 18&Up: Intermediate/Advanced: Handbuilding, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slabroller. Instructor is available for demonstration and assistance. \$30 material fee due at first class.

6 Sessions **\$135**

Instructor: Pamela Reid

217398 Ross Boddy CC 6/24 Tu 10:00am-2:00pm

217399 Ross Boddy CC 6/24 Tu 6:00pm-10:00pm

Stained Glass

NEW Stained Glass Open Studio

Ages 16&Up: By popular demand! Bring your problems, unfinished project, plans for a new project. A fully equipped studio with a professional glass artisan will be open six Saturdays; attend the four meetings that suit your busy summer schedule. Bring your own materials-glass, lead, foil, etc., we provide the tools. Call instructor at 301-972-0511 before first class to advise him what equipment to bring. Bring a bag lunch. No class on 6/28.

4 Sessions **\$200**

Instructor: Fran Asbeck

217849 Ross Boddy CC 6/21 Sa 9:00am-4:00pm

Jewelry**NEW Beading Basics**

Ages 13&Up: Learn to make a bracelet using 8/0 seed beads, fire polish glass beads, needles, and thread. This very simple basic stitch can be used with a variety of beads to create a different look every time you bead. Nimble fingers (and maybe your glasses) are required for this one. \$10 material fee due to instructor at class.

1 Session **\$32**

Instructor: Donna Weeks

217557 Bauer Drive CC 6/25 W 6:30pm-9:30pm

Jewelry Basics

Ages 12&Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind designs. Bring small needle nosed pliers and wire cutters to class if you have them. \$14 material fee due to instructor at first class.

1 Session **\$32**

Instructor: Donna Weeks

216548 Bauer Drive CC 7/2 W 6:30pm-9:00pm

Wire Work Jewelry

Ages 13&Up: Come join us and see how easy it is to work with jewelry wire to create your own unique designs. Learn to make jewelry using wire, beads and a few tools. Discover how to make spirals, cages and more to make a bracelet or necklace and matching earrings. Also discover how to make your own tools work with jewelry wire. \$10 material fee due to instructor at class.

2 Sessions **\$50**

Instructor: Donna Weeks

216549 Bauer Drive CC 7/9 W 7:00pm-9:30pm

Earrings, Earrings, Earrings!

Age 12&Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due instructor.

1 Session **\$32**

Instructor: Donna Weeks

217131 Bauer Drive CC 7/23 W 7:00pm-9:00pm

**Crafts****Advanced Flower Design**

Ages 18&Up: You need to have taken a fresh flower class before. Yes, you can make more elaborate designs in this continuation of the introduction class. Produce amazing results! Bring your own vases or containers. \$15 per each class covers cost of flowers. Sign up early for this popular class!

6 Sessions **\$87**

Instructor: Sharon Jeremiah

217130 Leland CC 7/2 W 7:00pm-9:00pm

Mosaic Stepping Stones

Ages 12&Up: You will love the look of this stepping stone added to your yard or garden. Learn how to work with tile, stained glass, glue and grout to make this unique work of art. The pattern is pre-cut to same time. Learn the proper use of tools to cut glass for making patterns and background pieces. \$14 material fee due to instructor at class.

1 Session **\$40**

Instructor: Donna Weeks

217559 Damascus CRC 6/21 Sa 11:00am-3:00pm

Bath and Beauty Products

Ages 12&Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Session **\$32**

Instructor: Donna Weeks

217560 Bauer Drive CC 8/6 W 7:00pm-9:00pm

Mosaics Made Easy

Ages 12&Up: If you can glue it, you can do it! Join us and learn how to use tile, stained glass, glue and grout to make your own mosaic art. The stained glass patterns are precut, but you will learn how to cut the background pieces used in the project. Make a 14 inch square piece that can be used as a tabletop or wall hanging. Bring a bag lunch. \$18 material fee due to instructor at class.

1 Session **\$40**

Instructor: Donna Weeks

217561 Damascus CRC 8/2 Sa 11:00am-3:00pm

The Art of France

Ages 16&Up: Learn how to paint on silk the 'certain' techniques, among many other techniques beginner will learn how to stretch the different varieties of silk. Then, discover how to draw on silk and use the resist on the silk using water and salt. Also, explore the kind of dyes used. \$35 material fee due to instructor at class.

1 Session **\$60**

Instructor: Nadia Azumi

219418 Leland CC 8/2 Sa 10:00am-4:00pm

The Art of Venice

Ages 16&Up: Learn centuries old Venetian art that comprises of cutting detailed prints and forming them into three dimensional pieces of art. You will learn how to cut correctly, use the silicone glue, separate the prints by numbers and glue the prints on top of each other. Then we cover the white marks were you cut the prints, and lacquer the prints into outstanding pictures. You can give this 'quandri' as they are called, for gifts, for your office or home. \$40 material fee due to instructor at class.

1 Session **\$60**

Instructor: Nadia Azumi

219412 Potomac CC 6/28 Sa 10:00am-4:00pm

I enjoyed the class very much and learned more than I expected.

Dance for Youth

In order to offer the highest quality program, children must be the appropriate age at the start of class. Parents are required to wait outside the room during class time, unless otherwise stated in description.

Little School Musical

Ages 3-5: This exciting new class will give the little kids a chance to dance the way the big kids do! Little Kids Musical is a great introduction to the popular dances that kids love. Children dance independently while parents wait outside the room.

5 Sessions **\$43**

Instructor: Denise Schattenberg

219356 Quince Orchard Vly NP 6/26 Th 12:15pm-1:00pm

219355 Upper County CC 6/30 M 12:15pm-1:00pm

Kids Dance I

Ages 2-5: Adult participation required. You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

4 Sessions **\$34**

Instructor: Sandra Aresta

219700 Potomac CC 6/14 Sa 9:00am-9:45am

219701 Rock Creek Valley ES 6/14 Sa 9:00am-9:45am

Kids Dance Alone

Ages 3½ -6: Children dance alone; no adult participation. You will want to sign up quickly for this popular fun class! Join the fun as we introduce young children to the world of dance emphasizing rhythm, coordination and dance. Dancers may dance barefoot or bring ballet slippers. For more class information contact Sandra.Aresta@verizon.net.

4 Sessions **\$34**

Instructor: Sandra Aresta

219708 Potomac CC 6/14 Sa 9:45am-10:30am

219707 Rock Creek Valley ES 6/14 Sa 9:45am-10:30am

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required.

6 Sessions **\$51**

Instructor: Grace Oleson

219205 Potomac CC 6/24 Tu 4:00pm-5:00pm

219206 Germantown CC 6/25 W 3:30pm-4:15pm



Tap & Ballet Beginner

Ages 4-7: Beginner: A combination class introducing tap and ballet, emphasizing basic exercises, combinations, and creativity. Dancers should have tap and ballet shoes for first class. Question contact Ms. Aresta at Sandra.Aresta@verizon.net

4 Sessions **\$34**

Instructor: Sandra Aresta

219713 Potomac CC 6/14 Sa 10:45am-11:30am

219712 Rock Creek Valley ES 6/14 Sa 10:45am-11:30am

Ballet

Ages 5-8: This class introduces the young dancer to the basics movements of ballet and ballet terminology.

6 Sessions **\$51**

Instructor: Grace Oleson

219208 Potomac CC 6/24 Tu 5:00pm-5:45pm

219209 Germantown CC 6/25 W 4:30pm-5:15pm

Jazz on Broadway

Ages 5-8: Beginner: Covers a broad range of dance styles, including Jazz, Broadway, lyrical/modern, and traditional. This fun introduction to Jazz Dance is perfect for the beginning dancer. For additional information please e-mail Sandra.Aresta@verizon.net

4 Sessions **\$34**

Instructor: Sandra Aresta

219715 Potomac CC 6/14 Sa 11:30am-12:15pm

219714 Rock Creek Valley ES 6/14 Sa 11:30am-12:15pm

Hip Hop into High School Musical

Ages 7-11: Want to learn the hip hopping dance steps that are so popular in the musicals. This invigorating class will feature dance steps that focus on developing rhythm, stretching, isolations, strength and endurance. This is a great way to get your head in the game now as you stride with pride in this energetic class.

6 Sessions **\$51**

Instructor: Studio 310

219230 Potomac CC 6/23 M 6:00pm-6:45pm

No Stop Hip Hop for Kids!

Ages 6-9: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

6 Sessions **\$51**

Instructor: Studio 310

219231 Germantown CC 6/25 W 5:00pm-5:45pm

*Dance...
the fun
exercise!*

Dance for Adults

Hip Hop & High Energy

High Energy Hip Hop

Ages 18&Up: Beginner: This sizzling high energy class is the fast track to funky fun. This is the perfect way to get all the cardio benefits of an aerobic workout in a dance class. No dance experience necessary but positive attitude and energy is all that is needed to learn these hot hip hop moves with a Latin flavor.

6 Sessions **\$51**

Instructor: Studio 310

219229 Potomac CC 6/23 M 6:00pm-7:00pm

219228 Germantown CC 6/26 Th 6:00pm-7:00pm

Zumba

Ages 16&Up: Beginner/Intermediate: Zumba is a high energy intense Latin Dance. This fast rhythm class is offered for the beginner however intermediate students can add dynamic moves and energy. Zumba provides an opportunity to creatively exercise while dancing your stress away!

6 Sessions **\$51**

Instructor: Studio 310

219226 Germantown CC 6/24 Tu 6:00pm-7:00pm

Belly Dance (Middle Eastern) I

Ages 11&Up: Beginner Level 1. Sophisticated... spiritual....irresistible...This dance is suitable for all ages, shapes and sizes, and does not require any prior dance experience. Belly dancing provides an aerobic workout that is gentle on the body, trims the waist, and is exhilarating for the spirit! Students learn the foundations of ancient Middle Eastern dance movements and muscle control while exploring Middle Eastern rhythms and melodies. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

6 Sessions **\$51**

Instructor: Camellia Jacobs

220049 Holiday Park SrC 7/6 Su 4:00pm-5:00pm

Belly Dance (Middle Eastern) II

Ages 11&Up: This class is for students that want to experience the elegance of this dance beyond the beginner level. Students will need to have completed the beginner class or have previous belly dance experience. Participants may dance barefoot or in soft dance shoes, and may wear leotard and tights or any comfortable form-fitting attire that permits instructor's viewing of the torso; midriff baring is optional. Bring a scarf to tie around your hips.

6 Sessions **\$51**

220051 Holiday Park SrC 7/6 Su 5:00pm-6:00pm

Line Dance for Beginners

Ages 16&Up: No experience required but having fun is mandatory! This fun-filled class will teach you the basic patterns and steps for line dancing. You will be dancing as part of the group but will individualize your dance moves as you learn to move not only your legs and feet but whole body!

6 Sessions **\$51**

Instructor: Benjamin Huang

220054 Barnsley Lucy ES 6/21 Sa 10:00am-11:00am

Line Dance-Intermediate

Ages 16&Up: Line dancing is an energizing way to have fun and get moving and fit. This class is recommended for basic level dancers and higher. Class will incorporate basic steps but will move at a higher pace and high energy level.

6 Sessions **\$51**

Instructor: Benjamin Huang

220053 Barnsley, Lucy ES 6/21 Sa 11:00am-12:00pm

Ballroom

Dance classes designated for "Couples," registration and fees are for two participants.

For all other dance classes registration and fees are per person. For further information, contact the instructor directly. Instructors: Tony Seleme 202-885-9629, Thomas Woll, 703-591-3839.

Ballroom I Beginners (Couples)

Ages 16&Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior instruction.

Learn proper dance position, how to lead and follow, and at least four-five patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included.

6 Sessions **\$78**

Instructor: Tony Seleme

219210 Bauer Drive CC 6/30 M 7:00pm-8:00pm

Instructor: Thomas Woll/Ann Basso

219211 Wheaton CC 6/26 Th 7:00pm-8:00pm

Ballroom I (Singles & Couples)

Ages 16&Up: Beginner: The basic ballroom dances to include Waltz, Foxtrot, Rumba, Cha Cha, and Swing. Students change partners frequently. Class fee for single registrant.

6 Sessions **\$39**

Instructor: Thomas Woll/Tony Dunn

219224 North Four Corners LP 6/23 M 7:00pm-8:00pm

Ballroom II (Couples)

Ages 16&Up: Intermediate: Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on the class's progress additional dances may be included.

6 Sessions **\$78**

Instructor: Tony Seleme

219215 Bauer Drive CC 6/30 M 8:00pm-9:00pm

Instructor: Thomas Woll/Ann Basso

219214 Wheaton CC 6/26 Th 8:00pm-9:00pm



Tony is a good instructor and he makes the class fun.



Ballroom IV (Couples)

Ages 16&Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly.

6 Sessions **\$78**
Instructor: Thomas Woll/Ann Basso
219217 Wheaton CC 6/26 Th 9:00pm-10:00pm

Ballroom Practice & Party (Couples)

Age 16&Up: Intermediate/Advanced: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. One potluck dinner during the course. \$20 per couple parties set-up fee due instructor. For further information please contact your instructor directly.

6 Sessions **\$111**
Instructor: Tony Seleme
219435 Holiday Park SrC 6/27 F 7:00pm-10:00pm

Ballroom Wedding Dances (Couples)

Ages 18&Up: Beginner: Learn to dance for that special occasion, your wedding, or just take the course to learn the three most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance.

6 Sessions **\$78**
Instructor: Tony Seleme
219220 Holiday Park SrC 7/1 Tu 7:00pm-8:00pm
Instructor: Thomas Woll/Tony Dunn
219221 Beverly Farms ES 6/25 W 7:30pm-8:30pm

Wheelchair Cha Cha (Couples)

Ages 16&Up: Cha Cha is fun, good exercise, lively, and flirtatious. And now, it's accessible to wheelchair users and their partners. This is a beginner level class, focusing on partner dancing skills, when one partner uses a manual wheelchair and one partner dances standing up. The seated dancers must be able to move their own manual wheelchairs. The standing partners should have average balance, strength, and agility. Cha Cha can be danced to a huge variety of music—Top 40, Latin, Motown, and Country Western. For additional information, please call Sue Green at 301-448-6243.

6 Sessions **\$78**
Instructor: Sue Green
219458 Holiday Park SrC 7/12 Sa 11:00am-12:00pm

Swing (Couples)

Ages 16&Up: Beginner: Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is a East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing.

6 Sessions **\$78**
Instructor: Tony Seleme
219428 Holiday Park SrC 7/1 Tu 8:00pm-9:00pm

DC Hand Dancing (Singles and Couples)

Ages 18&Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required; students change partners frequently. For singles, couples, trios, and bring your friends.

6 Sessions **\$39**
Instructor: Thomas Woll/Tony Dunn
219222 North Four Corners LP 6/23 M 9:00pm-10:00pm
219223 Beverly Farms ES 6/25 W 6:30pm-7:30pm

Rhythm

Rumba (Couples)

Ages 16&Up: Rumba is the spirit and soul of Latin American music and dance. The energizing rhythms and bodily expressions make the Rumba one of the most popular Latin dances. Learn Rumba motions using Rumba variations. Experience fun while learning the preciseness of the exhilarating dance.

6 Sessions **\$78**
Instructor: Tony Seleme
219431 Holiday Park SrC 7/1 Tu 9:00pm-10:00pm

Latin Salsa (Singles & Couples)

Ages 16&Up: Beginner: Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to insure a balance. Students change partners frequently.

6 Sessions **\$39**
Instructor: Thomas Woll/Tony Dunn
219218 North Four Corners LP 6/23 M 8:00pm-9:00pm
219219 Beverly Farms ES 6/25 W 8:30pm-9:30pm

International Dance

Irish Ceili and Country Sets

Ages 18&Up: This energetic dance class focuses on both the basics and finer points of Irish Ceili and Country Set Dances, introduces some newly revived or created dances and gives you a chance to further develop your steps. This interactive class gets you up and moving. Singles and doubles are welcome. Students should wear comfortable thin leather soled shoes and loose light clothing. Jim Keenan, native of County Armagh, Ireland, teaches Country set dancing in both US and Europe. Through his research and teaching he has helped revive traditional Country sets as well as receive commissions for original choreography.

4 Sessions **\$35**
Instructor: James Keenan
219204 North Bethesda MS 6/11 W 7:30pm-8:30pm



International Folk Dance

Ages 18&Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Question: call 301-871-8788 or e-mail diamonddancecircle@comcast.net.

7 Sessions **\$51**

Instructor: Phyllis Diamond

218399 Leland CC 6/30 M 7:30pm-10:00pm

4 Sessions **\$30**

Instructor: Phyllis Diamond

218400 Leland CC 7/21 M 7:30pm-10:00pm

Square Dancing**Folk Square-Family**

All Ages: The whole family will have a great time with this family-friendly dance. Class is geared toward families with children but all are welcome to join. No dance experience necessary. The only requirement is that children be able to listen and follow directions. Suggested minimum age is 4 years. Fee is per person.

6 Sessions **\$25**

Instructor: Betsy Taylor

219198 Wheaton CC 6/18 W 7:00pm-8:00pm

Folk Square Mainstream

All Ages: For those who have completed the Basic course and wish to learn the Mainstream Program of Modern Western Square Dancing. Questions, call Betsy Taylor at 301-589-4868.

5 Sessions **\$20**

Instructor: Betsy Taylor

219202 Schweinhaut SrC 6/28 Sa 12:30pm-1:30pm

6 Sessions **\$25**

Instructor: Betsy Taylor

219201 Schweinhaut SrC 6/19 Th 10:00am-11:00am

Folk Square Plus

Ages 8&Up: For those who have completed Mainstream. Questions, call Betsy Taylor at 301-589-4868.

6 Sessions **\$25**

Instructor: Betsy Taylor

219200 Wheaton CC 6/18 W 8:00pm-9:00pm

219199 Schweinhaut SrC 6/19 Th 11:10am-12:10pm

Folk Contra

Ages 8&Up: Beginner/Intermediate: Contra dance is country dancing performed in long lines facing a partner. Questions, call Betsy Taylor at 301-589-4868.

5 Sessions **\$20**

Instructor: Betsy Taylor

219203 Schweinhaut SrC 6/28 Sa 1:30pm-2:30pm

**Music for Youth & Adults**

See *Tiny Tots* for music classes for ages 6 months-5 years.

Guitar**Guitar Level I**

Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), tuner (electronic for class at Tilden, a tuning fork for classes at Fairland and Longwood and a pencil. Songbook required purchase for Tilden class only, approx. \$14. Questions, call Brian Gross (Potomac) at 301-320-6999 or Kevin Hayton (Bauer) at 240-242-3466.

7 Sessions **\$96**

Instructor: Brian Gross

219598 Potomac CC 6/17 Tu 7:00pm-8:15pm

Instructor: Kevin Hayton

219599 Bauer Drive CC 6/18 W 7:00pm-8:15pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, a tuning fork and pencil. New students with applicable experience/knowledge welcome. Questions, call Brian Gross at 301-320-6999.

7 Sessions **\$96**

Instructor: Brian Gross

219601 Potomac CC 6/17 Tu 8:15pm-9:30pm



Cooking

Wine & Dine

These very popular wine instruction classes uniquely pair food preparation and wine tasting. Attributes and origins of the wine are discussed in detail, as well as how the wine pairs with selected foods, and proper ways to serve wine. Wine is chosen on availability; substitutions may occur. Wine samples provided, no refund or allowances if you elect to refuse food or wine or if you miss the class (see withdraw/refund guidelines, under registration information). Classes are extremely popular and often have waitlists. If you register early and later discover a conflict, please call us so that we can fill your spot from the waitlist. Picture ID for proof of age 21 required at class.

Wines that Love Poultry!

Ages 21&Up: We'll get the grill out for this one and the first thing we fix will be barbecued Thai chicken, with the spiciness that Thai food is famous for. Then, we'll find out how well our picks of a Riesling, a Sauvignon Blanc and a Viognie will go with this tasty dish. Next, we'll do turkey medallions with tomato jam and match those with a Chardonnay, a Pinot Noir and a Merlot. Then, grilled duck breasts with ancho chili orange sauce paired with a Cabernet Sauvignon, a Syrah and a Barolo from Italy. Take home recipes. Remember, in this class we cook, then clean up, then taste the food and wine together. \$20 food and wine fee due instructor at class time.

1 Session

\$52

Instructor: James Davis

218950 Ross Boddy CC 7/11 F 7:00pm-10:00pm

Wines that Love Seafood!

Ages 21&Up: Come, Watson, we are going to investigate three different seafood preparations and match each with at least two (and maybe three) different wines from around the world. First will be cod with braised endives in blood orange glaze that we will match with a Pinot Blanc, a Chenin Blanc and then one more. Next, a lobster and avocado salad with Chardonnay from three different countries! Finally a salmon, fennel and potato salad that we'll definitely match with a light and fruity Pinot Noir from Oregon, one from France and one more! Take home recipes. Remember, in this class we cook, then clean up, then taste the food and wine together. \$20 food and wine fee due instructor at class time.

1 Session

\$52

Instructor: James Davis

218951 Ross Boddy CC 8/1 F 7:00pm-10:00pm



Wines that Love Meat!

Ages 21&Up: Red meat and red wine almost always, but this time, we'll do a couple of things differently. First we will prepare a veal blanquette (wonderful French stew) and serve it with a rich, buttery Chardonnay as well as a French White Burgundy and probably a Granache. Then, we'll whip up some tasty lamb sliders and sip up a Shiraz from Australia, California and South America. We'll finish with flank steak over corn kernel polenta matched with Cabernet Sauvignon, Zinfandel and a Tempranillo. Take home recipes. Remember, in this class we cook, then clean up, then taste the food and wine together. \$20 food and wine fee due instructor at class time.

1 Session

\$52

Instructor: James Davis

218952 Ross Boddy CC 9/5 F 7:00pm-10:00pm

The Art of Making Wine

Ages 21&Up: If you whine about the price of wine or can't find one to suit your tastes, this course is ripe with solutions! It is designed to provide you with a practical understanding of home wine making. It's not just squishing grapes; through lecture and demonstration, you'll discover the secret ingredients which will enable you to make great wine with confidence. Wine Making kits will be available for purchase, optional, with prices ranging \$80 and up.

1 Session

\$35

Instructor: Richard Baldwin

218548 Longwood CC 6/23 M 7:00pm-9:00pm

218549 Clara Barton CC 7/21 M 7:00pm-9:00pm

218550 Gwendolyn Coffield CC 8/18 M 7:00pm-9:00pm

More Cooking...

Our cooking classes often include fresh, but perishable, ingredients. These items are purchased a few days before the class and the quantity is based on the number of registrants in the class. It is important that the instructor have an accurate count. Please be kind; if you cannot attend class, let us know. Call 240-777-6870 (see withdraw/refund guidelines, under registration information). For more information, email the specific instructor; Jim Davis at thecooktoo@comcast.net or Alba Johnson at aejhome@yahoo.com



Montgomery County
RECREATION
DEPARTMENT



The mission of the Montgomery County Department of Recreation is to provide high quality, diverse and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities.

Panini, Panini

Ages 15&Up: Is there anything more delicious than a mouthwatering sandwich? Great paninis can be made in your own kitchen even without a press. Paninis are great as a mealtime feast or cut into small pieces and served as appetizers. In this class we will create the next generation of Panini such as Gorgonzola with caramelized Tomatoes, Smoked Turkey with Gouda and Tahini, and Ham with Sharp Cheese and apple butter. How cheesy is that! \$15 food fee due to the instructor at class time.

1 Session **\$50**

Instructor: Alba Johnson
218254 Ross Boddy CC 6/19 Th 7:00pm-9:00pm

Thai Favorites

Ages 15&Up: Really Thasty Treats from the Far East. Start your adventure in Far East cuisine as we prepare Gai Pad Khing (spicy ginger chicken), Neua Pad Prik (Thai pepper steak) served with rice and Pa Pia Sod (Thai fresh spring rolls with tamarind sauce). These are very special and tasty Thai dishes, all of them easily repeated at home. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due instructor at class time.

1 Session **\$50**

Instructor: James Davis
218800 Ross Boddy CC 7/8 Tu 7:00pm-9:30pm

All Local

Ages 15&Up: A New Class Featuring All Local Stuff! After making tracks to Mt. Airy to buy the freshest local beef and pork, then, a pit stop at the farmers market to buy everything else, I'll have all the freshest local meats, vegetables and fruits-guaranteed. If it doesn't grow here then we won't be fixing it in this class. I have no idea what this summers growing season will bring, but you have my assurance; it will be fresh, local and delicious. Menu items and recipes will be available a week before class. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due instructor at class time.

1 Session **\$50**

Instructor: James Davis
218848 Ross Boddy CC 7/12 Sa 10:30am-1:30pm

Bistro Style Salads Tossed & Dressed

Ages 15&Up: Summer time is a great time to find fresh seasonal vegetables and herbs. Salads can be served as a side dish, or better yet, as a whole meal at home or at a picnic. Learn how to make the classic French Salad Nicoise, Crispy goat cheese on a bed of field greens, and Greek Cucumber Salad with Mint and Feta. No bottled dressing allowed in this class. \$15 food fee due to the instructor at class time.

1 Session **\$50**

Instructor: Alba Johnson
218253 Ross Boddy CC 7/17 Th 7:00pm-9:00pm

All Fresh Seafood

Ages 15&Up: Your Catch O' the Day. Come sea how to prepare oceans of different types of seafood. We'll start with a sesame crusted salmon with orange-miso sauce, and then create a spicy seafood salad with shrimp then a mushroom crusted golden Tilapia. Final selection and determination of what we serve will depend on what's available at the market on the day of class, but, we will have shrimp. We'll also make appropriate sauces to serve and some simple side dishes to go with our offerings. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

1 Session **\$50**

Instructor: James Davis
218799 Ross Boddy CC 7/22 Tu 7:00pm-9:30pm

Basic Cooking Skills Summer

Ages 15&Up: Your First Step in the Kitchen. The best way to feel more comfortable in the kitchen is to become more familiar with some of the basic cooking techniques that make all tasks just a little easier. We'll cover some knife skills, explore the difference between saute, stew, roast and braise and we'll fix a first-class lunch in the process. The menu includes: roast pork loin with apples, fresh local vegetables, twice baked potatoes and chocolate chip cookies. \$15 food fee due to instructor at class time.

1 Session **\$50**

Instructor: James Davis
218798 Ross Boddy CC 7/26 Sa 10:30am-1:30pm

Rockin' Moroccan Summer Flavors

Ages 15&Up: Moroccan cuisine is rich in spices. Spices are used to enhance, not mask, the flavor of food. Cooking Moroccan-style food is a feast for the senses. Savor the unique taste of Moroccan Couscous Salad, Chicken with Moroccan style herbs and spices, Stuffed Dates and a delightful Iced Mint tea to quench the thirst and enhance the palate. Meet you at the Kasbah. \$15 food fee due to the instructor at class time.

1 Session **\$50**

Instructor: Alba Johnson
218255 Ross Boddy CC 7/31 Th 7:00pm-9:00pm

Fresh from the Garden

Ages 15&Up: Local Pickins! Unique and different ways to prepare locally grown, fresh vegetables. No worries for meat eaters, who will love this class because the wonderful selection available at this time of year. With sweet fresh corn that will make you smile from ear to ear, ripe and juicy tomatoes, tender green beans, flavorful zucchini and all the other wonderful fresh produce; we're sure to have a great time and a great meal. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

1 Session **\$50**

Instructor: James Davis
218849 Ross Boddy CC 8/5 Tu 7:00pm-9:30pm



*Enjoyable class;
delicious food
and a great
instructor.*



Intermediate Cooking Skills V

Ages 15&Up: The Next Logical Step in Skill Improvement. It's time to step away from the recipes and start being more creative when you step in front of the stove. Charleston style spicy chicken and cheese grits, braised Swiss Chard with bacon and homemade pecan pralines, the native candy of the south, will all be featured in this class. We eat what we fix, so bring an appetite. \$15 food fee due instructor at class time.

1 Session **\$50**
Instructor: James Davis
218850 Ross Boddy CC 8/9 Sa 10:30am-1:30pm

Edifying Lunches

Ages 15&Up: Sassy Sandwiches & Such! We are going to take an imaginative approach to fixing food for children of all ages, not only for lunches, but also for dinner at home. No one will want to 'trade' his at school or save it for the next day at the office when it's all in the bag. Just what is for lunch everyday? We might have a PBJ, but if we do, I guarantee it will be the best PBJ ever. We'll do macaroni and cheese that is not like the 'blue box,' no preservatives in this one, but one that everyone will love. Join us for an evening of talking about and preparing food that will satisfy all your picky eaters. You won't be unhappy. I promise! Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

1 Session **\$50**
Instructor: James Davis
218851 Ross Boddy CC 8/19 Tu 7:00pm-9:30pm

Knife Skills

Ages 18&Up: The Cutting Edge! The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and upkeep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a peeler, chef's knife, paring knife and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

1 Session **\$50**
Instructor: James Davis
218898 Ross Boddy CC 8/23 Sa 10:30am-1:30pm

The Caribbean Dinner Party

Ages 15&Up: This is the class you have been waiting for! All the flavors and spices of the Caribbean brought to life in a wonderful evening of preparing and learning about the foods of the islands, Mon. Real Cuban black bean soup, crispy Puerto Rican pork in orange sauce, fried plantains and Dominican pastelitos. Also, a very special Caribbean drink that all can enjoy. Everything is so easy to fix that you can duplicate it at home without any concerns at all. Come with an appetite because we eat what we fix. \$15 food fee due instructor at class time.

1 Session **\$50**
Instructor: James Davis
218899 Ross Boddy CC 9/2 Tu 7:00pm-9:30pm

The Summer Grill

Ages 15&Up: Improved Patio Cooking. We'll learn how to fire up the charcoal grill the best way, (without those foul tasting lighter fluids) then grill a number of various meats including: including marinated pork tenderloin, spatchcocked whole chickens (you have to come to class to find out what that means) and at least one sausage. All the proper techniques are used, no burnt offerings here! Great toppings, add in's and condiments will be discussed and used. Come join in for a grilling class that will make a difference in the food that you fix at home. We'll prepare a lunch so bring an appetite. \$15 food fee due instructor at class time.

1 Session **\$50**
Instructor: James Davis
218901 Ross Boddy CC 9/13 Sa 10:30am-1:30pm

French Bistro

Ages 15&Up: The French are saying Oui! After this class you will better understand why French bistro cooking is so popular world wide. It simply means comfort food, and tonight we'll be doing bistro chicken with a mushroom Port wine sauce, pommes (potatoes) anna and a fresh green vegetable and a salad with homemade French Dressing. Come with an appetite because we eat what we fix. Take home recipes. \$15 food fee due to instructor at class time.

1 Session **\$50**
Instructor: James Davis
218900 Ross Boddy CC 9/16 Tu 7:00pm-9:30pm

Southern Sunday Dinner

Ages 15&Up: Gather Round the Table, Y'all! We'll fix Maryland style pan fried chicken, cream gravy, garlic mashed potatoes, fresh green beans and homemade Coleslaw. This will be a meal that you will not want to miss, a perfect reminder of what Sunday dinner used to be when you went back to Grandma's house! It is so easy to fix that you can duplicate it at home. Come with an appetite because we eat what we fix. \$15 food fee due instructor at class time.

1 Session **\$50**
Instructor: James Davis
218948 Ross Boddy CC 9/23 Tu 7:00pm-9:30pm

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to: County Executive Isiah Leggett,
Executive Office Building,
101 Monroe Street,
Rockville, Maryland 20850.





Be Your Own Personal Chef!

Ages 15&Up: The secrets of 'fix ahead food.' You will cook with the experts and learn how to prepare 2 weeks worth of food at a time. How to schedule your every-other-Saturday cook day; shop, cook, package, label and store a 2 week supply of Really Good Food for your family. A heavy emphasis is placed on organization, food safety and safe food storage. We will prepare a full lunch as part of the experience, so come with an appetite. Take home recipes for 2 weeks worth of meals including side dishes. \$15 food fee due instructor at class time.

1 Session **\$65**
Instructor: James Davis
218949 Ross Boddy CC 9/27 Sa 10:30am-2:30pm

Foodstuff for Teens

PDQ (pretty darn quick) Vegetarian

Ages 12-18: Quick, healthy and delicious no-prep vegetarian cooking with foods which top the teen taste test. Join local cookbook author Donna Klein as she creates her masterpieces safely, without cutlery or appliances. Recipes demonstrated include: taco casserole, mini pita pizzas with assorted toppings, oven baked cinnamon French toast and blueberry granola cobbler. Samples provided. \$5 food fee paid to instructor at class.

1 Session **\$42**
Instructor: Donna Klein
217848 North Bethesda MS 6/18 W 6:30pm-9:00pm

PDQ Vegetarian 2

Ages 12-18: More quick, healthy and delicious no-prep vegetarian teen favorites demonstrated by local cookbook author Donna Klein. Recipes demonstrated include: 'enlightened' mac & cheese, layered Mexican party dip, breakfast pizza and no-bake summer berry tarts. Samples provided. \$5 food fee paid to instructor at class.

1 Session **\$42**
Instructor: Donna Klein
217902 North Bethesda MS 7/9 W 6:30pm-9:00pm

Exercise & Fitness for Youth

For more Youth Programs, see *Instructional Sports for Youth & Adults*.

The Ultimate Boxing Workout for Youth

Ages 6-15 Beginners: (Adults are encouraged to join, see *Exercise & Fitness for Adults*). Beginner-Advanced: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kickboxing champion with 25 years experience. Use it alone or as a complement to The Dynamic Ab Workout. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$68**
Instructor: Larry Johnson
219446 Bethesda-Ch Chase HS 6/16 M 6:15pm-7:30pm
219447 Upper County CC 6/17 Tu 5:45pm-7:00pm
220350 Wheaton CC 6/18 W 5:30pm-6:45pm
219448 East County CC 6/19 Th 5:45pm-7:00pm

The Dynamic Ab Workout-Youth

Ages 6-15: (Adults are encouraged to join, see *Exercise & Fitness for Adults*). Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions call Larry Johnson at 301-681-3344

8 Sessions **\$43**
Instructor: Larry Johnson
219454 Bethesda-Ch Chase HS 6/16 M 7:30pm-8:15pm
219455 Upper County CC 6/17 Tu 7:00pm-7:45pm
219456 East County CC 6/19 Th 7:00pm-7:45pm

The Ultimate Jump Off-Youth

Ages 6-15: (Adults are encouraged to join, see *Exercise & Fitness for Adults*). Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to The Ultimate Boxing Workout. Questions call: Larry Johnson at 301-681-3344

8 Sessions **\$43**
Instructor: Larry Johnson
219436 Bethesda-Ch Chase HS 6/16 M 8:15pm-9:00pm
219437 Upper County CC 6/17 Tu 7:45pm-8:30pm
219438 East County CC 6/19 Th 7:00pm-7:45pm



Jumping rope...One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit!

Intro to Weight Training-Youth

Ages 13-15: Small group introduction into weight training for teens designed to teach weight room etiquette, proper stretching, cardiovascular equipment and the proper techniques of circuit training combining weight machines and free weights. Assistance in developing a personal program for you to continue on your own. Instructor is a Certified Trainer. Completion of program will allow teens to purchase an Exercise Room Pass at a reduced price (with adult-18&Up supervision)! Questions call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301-774-7184 or email dcschwanke@yahoo.com.

4 Sessions**\$71**

Instructor: Douglas Schwanke

218584 Potomac CC 6/23 M 9:30am-10:30am

Instructor: Fred Mosby

218582 Damascus CRC 6/28 Sa 10:00am-11:00am

Exercise & Fitness for Adults**A.C.T. The Workout**

Ages 16&Up: A vigorous, easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Self-paced for those who wish to work at low impact steps. Heart rates monitored throughout the hour. Plan your workout around your schedule and attend class at any location. **Register any time online, by phone or at the Recreation Centers. Take your receipt to any class location below to pick up your session pass from the instructor.** The pass is good for the specified number of sessions. It can be used at any ACT location listed below for 3 months from the first class attended. Question call Marie Castellucci at 301-681-9262 or email mcastel@verizon.net

Class Locations	Days	Times
Wheaton Community Center	M, W	6:00-7:00pm
Wheaton Community Center	T, Th	6:00-7:00pm
Bauer Drive Community Center	M, W	5:00-6:00pm
Fairland Community Center	M, W	7:00-8:00pm
Cabin John MS	M, W	7:00-8:00pm
Potomac Community Center	T, Th	7:00-8:00pm
Wheaton Community Center	Sat	9:00-10:00am
Potomac CC	Sat	9:00-10:00am
Cabin John MS	Sun	9:30-10:30am

12 Sessions**\$60.00**

217505 see above

6/1

M-Th, Sa-Su See Above

217506 see above

7/1

M-Th, Sa-Su See Above

217507 see above

8/1

M-Th, Sa-Su See Above

18 Sessions**\$80.00**

217508 see above

6/1

M-Th, Sa-Su See Above

217509 see above

7/1

M-Th, Sa-Su See Above

217510 see above

8/1

M-Th, Sa-Su See Above

24 Sessions**\$100.00**

217511 see above

6/1

M-Th, Sa-Su See Above

217512 see above

7/1

M-Th, Sa-Su See Above

217513 see above

8/1

M-Th, Sa-Su See Above

36 Sessions**\$145.00**

217514 see above

6/1

M-Th, Sa-Su See Above

217515 see above

7/1

M-Th, Sa-Su See Above

217516 see above

8/1

M-Th, Sa-Su See Above

Bio Aerobics Cardio Fit High/Low

Ages 16&Up (Ages 13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member FITA & CPR certified instructors. Questions, call 410-519-4186

16 Sessions**\$74**

Instructor: Company Bio Aerobics Inc.

217521 Germantown CC 6/16 M, Th 7:00pm-8:00pm

Instructor: Company Bio Aerobics Inc.

217523 Great Seneca Creek ES 6/17 Tu, Th 6:15pm-7:15pm

Bio Aerobics Tone & Firm

Ages 16&Up: (Ages 13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominals, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Please bring mat or towel. Resistance devices optional. Instructors are FITA and CPR certified. Questions, call 410-519-4186

16 Sessions**\$74**

Instructor: Company Bio Aerobics Inc.

217524 Briggs Chaney MS 6/17 Tu, Th 7:45pm-8:45pm

The Ultimate Boxing Workout

Ages 16&Up: (Youth are encourage to register, see Exercise & Fitness for Youth) Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Use it alone or as a complement to Dynamic Ab Workout. Questions, call Larry Johnson at 301-681-3344

8 Sessions**\$68**

Instructor: Larry Johnson

219442 Bethesda-Ch Chase HS 6/16 M 6:15pm-7:30pm

219443 Upper County CC 6/17 Tu 5:45pm-7:00pm

220349 Wheaton CC 6/18 W 5:30pm-6:45pm

219444 East County CC 6/19 Th 5:45pm-7:00pm



The Dynamic Ab Workout

Ages 16&Up: (Youth are encourage to register, see Exercise & Fitness for Youth) Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. Instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximize athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions, call Larry Johnson at 301-681-3344

8 Sessions \$43

Instructor: Larry Johnson

219450 Bethesda-Ch Chase HS 6/16 M 7:30pm-8:15pm

219451 Upper County CC 6/17 Tu 7:00pm-7:45pm

219452 East County CC 6/19 Th 7:00pm-7:45pm

The Ultimate Jump Off

Ages 16&Up: (Youth are encourage to register, see Exercise & Fitness for Youth) Learn jump rope techniques that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. One of the best cardiovascular cross-training workouts around. A great activity that the whole family can do together and get fit! Instructor is a professional boxer and current kickboxing champion with over 25 years of experience. Use it alone or as a complement to The Ultimate Boxing Workout for Youth or Adult. Questions, call Larry Johnson at 301-681-3344.

8 Sessions \$43

Instructor: Larry Johnson

219439 Bethesda-Ch Chase HS 6/16 M 8:15pm-9:00pm

219440 Upper County CC 6/17 Tu 7:45pm-8:30pm

219441 East County CC 6/19 Th 7:45pm-8:30pm

Dance & Fitness, LLC

Ages 16&Up: Complete cardiovascular aerobic workout for those who love music and movement. Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes and bring a mat/blanket, and hand weights (optional). Questions email dancenfitness@verizon.net

12 Sessions \$66

Instructor: Virginia Azuree

217502 Leland CC 6/23 M, W 6:00pm-7:00pm

Instructor: Alice Donnelly

217503 Potomac CC 6/24 Tu, Th 6:00pm-7:00pm

Dynaerobics

Ages 16&Up: (Ages 13-16 if accompanied by a parent/guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions: FerhanDoyle@aol.com

16 Sessions \$88

Instructor: Lee Berry

220648 Wynngate ES 6/16 M, W 6:00pm-7:00pm

Instructor: Gail Oring

219416 Bauer Drive CC 6/17 Tu, Th 6:00pm-7:00pm

8 Sessions \$44

Instructor: Regina Gaither

219417 Bauer Drive CC 6/21 Sa 9:00am-10:00am

Dynaerobics Body Challenge

Ages 16&Up: (Ages 13-16 if accompanied by a parent/guardian): A full 75 minutes of Coed fitness. Includes hi and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions \$110

Instructor: Regina Gaither

219414 Bauer Drive CC 6/17 Tu, Th 7:00pm-8:15pm

Dynaerobics Body Sculpting

Ages 16&Up: (Ages 13-16 if accompanied by a parent/guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions \$88

Instructor: Regina Gaither/Gina Dals

219410 Bauer Drive CC 6/16 M, W 6:00pm-7:00pm

8 Sessions \$44

Instructor: Regina Gaither

219411 Bauer Drive CC 6/21 Sa 10:00am-11:00am

Group Workout Pilates On The Ball

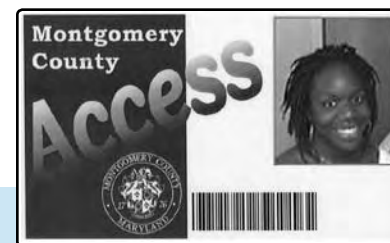
Ages 16&Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 202-210-3234 or email fmosby@comcast.net

12 Sessions \$110

Instructor: Fred Mosby

219432 Damascus CRC 6/23 M, W 6:00pm-7:00pm

219433 Germantown CC 6/24 Tu, Th 6:00pm-7:00pm

**I've got mine****Do you have your ACCESS Card, yet?**

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

**For more information call 240-777-6820
or go to montgomerycountymd.gov/rec**

NEW Group Personal Training

Ages 16&Up: Designed for individuals working out in a small group setting involving strength training, cardiovascular conditioning, and flexibility exercises. Question contact Doug Schwanke at 301-774-7184 or dcschwanke@yahoo.com

8 Sessions **\$142**
 Instructor: Douglas Schwanke
 219460 Potomac CC 6/16 M, W 10:30am-11:30am
 219461 Potomac CC 7/14 M, W 10:30am-11:30am

Jazzercise

Ages 16&Up: Includes a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segment. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kick-boxing and FUN for every age and fitness level. Students who register are welcome to attend any of the listed locations and times for 2 month. **REGISTER ANYTIME-PASS GOOD FOR TWO MONTHS FROM REGISTRATION DATE-** Please bring proof of registration receipt to first class. Please bring exercise mat and handheld weights (optional). Questions, call Diane Elmore at 301-330-0896 or email dielmojazz@verizon.net

2-month pass **\$95**
 Instructor: Diane Elmore
 218575 Upper County CC 6/4 W, M 6:30pm-7:30pm
 218576 Upper County CC 6/10 Tu,Th,F 9:30am-10:30am
 218577 Damascus CRC 6/18 W, M 7:00pm-8:00pm

Jazzmatazz Low Impact Aerobics

Ages 16&Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for at least two days a week to achieve the best results.

9 Sessions **\$54**
 Instructor: Betsy Saunders
 219402 Wheaton CC 6/17 Tu 7:15pm-8:15pm
 219403 Wheaton CC 6/19 Th 7:15pm-8:15pm



Excellent and enthusiastic instructor. Good thorough workout!

Jazzmatazz Aerobics Light

Ages 18&Up: Active Seniors & Beginners: A fun filled, choreographed, very low to no impact aerobic workout emphasizing cardiovascular strength and endurance along with muscular strength and flexibility. To achieve best results, students are strongly encouraged to register for both days.

9 Sessions **\$54**
 Instructor: Betsy Saunders
 219398 Wheaton CC 6/17 Tu 9:00am-10:00am
 219399 Wheaton CC 6/19 Th 9:00am-10:00am

Jazzmatazz Pilates

Ages 16&Up: A Pilates based exercise program rooted in modern/jazz dance consisting of a series of choreographed, but gentle, non-impact exercises. Designed to develop core abdominal muscles for spinal and lower back stabilization, to strengthen the body while lengthening muscles, and to increase overall flexibility. Attendance at the first two classes is mandatory, as key techniques are taught. For maximum benefit, students are strongly urged to register for both days.

9 Sessions **\$68**
 Instructor: Betsy Saunders
 219404 Newport Mill MS 6/16 M 7:00pm-8:15pm
 219405 Newport Mill MS 6/18 W 7:00pm-8:15pm

Movin' with Millie: Aerobic Slimnastics

Ages 16&Up: A unique exercise experience opening with a total body warm up, aerobic conditioning for cardiovascular fitness and floor exercises for toning hips, thighs, abdominals and gluteals. Program provides flexibility, endurance, strength training. Please bring mat, dynaband, and hand weights to class. Questions, call Millie at 301-588-3577.

7 Sessions **\$46**
 Instructor: Mildred Norwood Trimble
 217501 Pilgrim Hills LP 6/18 W 9:30am-10:45am

The Sergeant's Program

Physical Fitness For Adults: Featured on CNN, Head Line News, ABC, NBC, *PEOPLE* and *The Washington Post*. An outdoor result based Fitness Company offering structured workouts by highly trained instructors. Co-ed training for fitness levels from poor to excellent. A no frills, military style program. If you are unfit then you can attend a beginner Boot Camp. In good shape? You will love our Maintenance Program. Sweat through 45 minutes of jogging and calisthenics to strengthen all muscle groups and increase cardiovascular endurance.

Boot Camp: Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

Maintenance: Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville.

Time varies depending on location: 6:00am (or earlier) and 6:30pm (or later). Ignore start date. Register any time online or at the Recreation Center. For specific information contact the Sergeant's Program at 301-944-1230, ext. 704 or email sarge@sarge.com.

40 Sessions **\$299**
 Instructor: Company: The Sergeant's Program, Inc.
 217526 see above 6/1 M-F 6:00am-7:00am
 217527 see above 6/1 M-F 6:30pm-7:30pm
 217528 see above 7/1 M-F 6:00am-7:00am
 217529 see above 7/1 M-F 6:30pm-7:30pm



Wellness

Nutrition-How to Kick the Sugar Cravings

Ages 16&Up: Do you find yourself in a constant struggle to conquer your cravings for sweets and other carbohydrates? Come to this interesting and informative seminar so that you can get the necessary tools to combat the Sugar Blues. The Sugar Blues have gotten a hold of you if you are prone to mood swings, have cravings for sweets and can't get a handle on your weight. Do you know that eating too much sugar will shorten your life? By the end of this seminar, you will learn why (and most importantly how) you need to reduce your dependence on sugar. You will leave with delicious snack ideas, a few tasty treats and recipes that will make you forget about wanting high sugar content foods. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5.00 material fee due to instructor.

1 Session

\$42

Instructor: Linda Petursdottir

219421 Leland CC 7/10 Th 6:30pm-9:00pm

220098 Germantown CC 6/24 Th 6:30pm-9:00pm

Nutrition-Eating for Energy

Ages 16&Up: Supersize your energy- with Foods that keep you vibrant throughout the day. Do you struggle getting out of bed in the morning? Are you drifting in the afternoon, feeling like you are going to fall asleep at your desk? Do you have the best intentions of doing fun activities after work but instead collapse in front of the TV for the rest of the night because you just have no energy left? The food you eat and the lifestyle choices you make have a tremendous effect on how you feel. This interactive session will help you understand how food affects you, and will provide ten strategies for getting more energy and focus to stay on top of your life. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit. \$5.00 material fee due to instructor.

1 Session

\$42

220099 Potomac CC 6/19 Th 6:30pm-9:00pm

Nutrition- Drop your Diet

Ages 16&Up: Drop Your Diet; How to loose weight without really trying! Diets don't work, but lifestyle changes do! With an ounce of knowledge and a pinch of awareness there is a lot you can do around simple lifestyle changes that will help you lose weight and keep it off. Discover 'Why French Women Don't get Fat' and how you can incorporate easy weight loss habits into your daily life. Leave this class more informed than ever before about what it means to make healthy lifestyle choices vs. quick and fad diet ideas. An interactive nutrition workshops taught by a certified Holistic Health Counselor (HHC) with a Bachelors Degree in Psychology integrates fitness, psychology and nutrition to balance mind, body and spirit.

1 Session

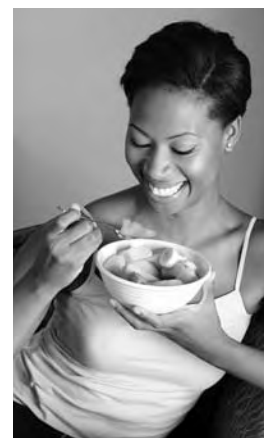
\$42

220348 Germantown CC 7/22 Tu 6:30pm-9:00pm

Drop Your Diet;

How to loose weight without really trying!

Diets don't work, but lifestyle changes do!



The Sergeant's Program, Continuing

Physical Fitness For Adults: Continuing student's who have taken either Boot Camp or Maintenance Sergeant's Program through MCRD in the past.

Boot Camp: Classes meet 5 days/wk (M-F) for 8 weeks. Locations: Bethesda, Chevy Chase, Olney, Silver Spring, Germantown, Rockville.

Maintenance: Classes meeting 5 days/week (M-F) year round at the following locations: Olney, Potomac, Chevy Chase, Bethesda, Silver Spring, Germantown and Rockville. Time varies depending on location: 6:00am (or earlier) and 6:30pm (or later) Ignore start date. Register anytime online or at the Recreation Centers. For specific information please contact The Sergeant's Program at 301-944-1230 ext. 704 or email sarge@sarge.com

40 Sessions

\$239

Instructor: Company: The Sergeant's Program, Inc.

217530 see above 6/1 M-F 6:00am-7:00am

217531 see above 6/1 M-F 6:30pm-7:30pm

217532 see above 7/1 M-F 6:00am-7:00am

217533 see above 7/1 M-F 6:30pm-7:30pm

Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers. Question call Fred Mosby at 202-210-3234 or email fmosby@comcast.net or Doug Schwanke at 301-774-7184 or email dcschwanke@yahoo.com

4 Sessions

\$71

Instructor: Douglas Schwanke

218585 Potomac CC 6/25 W 9:30am-10:30am

Instructor: Fred Mosby

218586 Damascus CRC 6/28 Sa 11:00am-12:00pm



Qi Gong: A Different Exercise

Ages 16&Up Beginners: Practiced for thousands of years in China for health and longevity, Qi Gong is the gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor. Questions, call Bob at 240-223-7136

7 Sessions **\$89**
Instructor: Bob Kramer
219406 Germantown CC 6/17 Tu 7:00pm-8:30pm

Qi Gong-Continuing Students

Ages 16&Up: Practiced for thousands of years in China for health and longevity it is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes. Includes meditative techniques with movements and theory. Wear loose clothing. Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor. Questions, call Bob at 240-223-7136

7 Sessions **\$62**
Instructor: Bob Kramer
219408 Germantown CC 6/17 Tu 7:00pm-8:30pm

Gentle Yoga

Ages 16&Up: Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. The instructor encourages students to listen to their bodies and progress at their own pace. Designed for adults of any age including seniors and those with minor physical ailments, Gentle Yoga allows the student to take a slower approach to beginning yoga. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor at Irene54@aol.com with any questions or to purchase materials.

8 Sessions **\$72**
Instructor: Irene Bopp
219462 Bauer Drive CC 6/17 Tu 6:15pm-7:15pm



What's Beyond Yoga Poses

Ages 16&Up: Beginner/ continuing students. These are advanced yoga techniques, not advanced yoga poses. You will be introduced to the practices of yoga breath controls Pranayama; concentration Dharana; sense withdrawal Pratyahara; and meditation Dhyana. An entire two week's of lessons are devoted to each of the above techniques while sitting in a yoga pose or a chair initially; then by applying the techniques the next week while performing basic beginner/continuing level (physically challenging) postures. Bring a yoga sticky mat, sitting cushion, head/body shawl, water and bare feet.

7 Sessions **\$97**
Instructor: Richard Tyson
218704 Norbeck-Mncstr Mill NP 6/20 F 7:00pm-8:30pm

Hatha Yoga with Rudra

Ages 16&Up: Basic beginner's level class, continuing students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

7 Sessions **\$97**
Instructor: Richard Tyson
218701 Germantown CC 6/21 Sa 9:00am-10:30am

8 Sessions **\$110**
Instructor: Richard Tyson
218698 Norbeck-Mncstr Mill NP 6/16 M 7:00pm-8:30pm
218700 Norbeck-Mncstr Mill NP 6/19 Th 7:00pm-8:30pm

Hatha Yoga with Rudra, Cont.

Ages 16&Up: Continuing Students and Beginners welcome. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

7 Sessions **\$97**
Instructor: Richard Tyson
218702 Bauer Drive CC 6/21 Sa 12:30pm-2:00pm

Hatha Yoga for Beginners

Ages 16&Up: Have you wanted to try yoga but don't know enough to 'drop-in' on classes? Can't touch your toes, or sit cross-legged? Have never wanted to wear spandex or tie yourself into a pretzel? This series provides personalized instruction in basic hatha yoga postures, breath and meditation techniques. These practices will help to build your strength, flexibility, and balance, as well as reduce stress. This class establishes a foundation that will enable you to participate in all-level yoga classes, or practice yoga in the privacy of your home. And, you won't have to wear spandex, stand on your head, or become a pretzel! Wear non-restrictive clothing and bring a yoga mat to class. Contact the instructor at mercedita@verizon.net or 240-676-2914 for further information.

4 Sessions **\$37**
Instructor: Mercedes Santos
217499 Long Branch CC 6/17 Tu 6:30pm-7:45pm

3 Sessions **\$28**
Instructor: Mercedes Santos
217500 Long Branch CC 7/22 Tu 6:30pm-7:45pm

RecWeb...
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Hatha Yoga, Continuing

Ages 16&Up: Continuing students. This class is designed for those who have or are currently practicing yoga. The basic poses will be refined with an emphasis on further developing arm and leg strength, shoulder and hip flexibility, and overall stamina. Study of the back bends will be deepened, and inversions will be introduced. Please bring a yoga mat, strap and blanket to class. Contact the instructor at mercedita@verizon.net for further information.

7 Sessions **\$61**

Instructor: Mercedes Santos

217498 Long Branch CC 6/18 W 6:30pm-7:45pm

Hatha Yoga and Stress Management

Age 18&Up: Continuing Students & Beginners: Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

6 Sessions **\$83**

Instructor: Suzana Cooper

219420 Leland CC 6/20 F 9:30am-11:00am

Vini Yoga

Ages 14&Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

7 Sessions **\$81**

Instructor: Patricia Miller

218580 Potomac CC 6/19 Th 9:15am-10:30am

218581 Potomac CC 6/19 Th 6:30pm-7:45pm

Vini Yoga Intermediate

Ages 14&Up: Continuing; previous yoga experience required. More emphasis on sequences, breathing, meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

7 Sessions **\$81**

Instructor: Patricia Miller

218579 Potomac CC 6/16 M 6:30pm-7:45pm

Vini Easy Going Yoga

Ages 14&Up: For Seniors and All Others: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at 301-251-1058

7 Sessions **\$81**

Instructor: Patricia Miller

218578 Potomac CC 6/19 Th 10:45am-12:00pm

Yoga Basics

Ages 16&Up: Introduces beginning and continuing students to yogic principles of body alignment and breath awareness, inspired by a meaningful intention and a joyful attitude. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket. Contact the instructor at Irene54@aol.com with any questions or to purchase materials.

8 Sessions **\$72**

Instructor: Irene Bopp

219463 Bauer Drive CC 6/17 Tu 7:30pm-8:30pm

219464 Fairland CC 6/19 Th 10:30am-11:30am

219465 Briggs Chaney MS 6/19 Th 6:30pm-7:30pm

Martial Arts for Youth & Adults**Aikido Beginning**

Ages 12&Up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

8 Sessions **\$59**

Instructor: William Fairweather

218551 Ross Boddy CC 6/16 M 7:00pm-8:30pm

Aikido Continuing

Ages 12&Up: Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

8 Sessions **\$78**

Instructor: William Fairweather

218552 Ross Boddy CC 6/18 W 7:00pm-9:00pm

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. New students accepted prior to the third class of each session. *All locations accept Beginners through Advance students. Beginners must attend 6pm at Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES, Germantown CC & Dufief ES at all other sites beginners may attend the later time.

7 Sessions **\$37**

Instructor: Company Staff: TKA, Inc.

218556 Wheaton CC 6/16 M 7:00pm-8:00pm

218562 Potomac CC 6/18 W 7:00pm-8:00pm

8 Sessions **\$42**

Instructor: Company Staff: TKA, Inc.

218553 Longwood CC 6/16 M 7:00pm-8:00pm

218554 Upper County CC 6/16 M 6:00pm-7:00pm

218555 Upper County CC 6/16 M 7:00pm-8:00pm

Kids Love T-Recs!

You've seen T-Recs at the County Fair and other events. Now, T-Recs, the lovable Recreation mascot, can make an appearance at your event.

T-Recs loves appearing at public events, meeting children, and encouraging folks of all ages to get out and enjoy recreation. He will bring giveaways for the kids, and information about recreational opportunities throughout Montgomery County.

There is no charge for T-Recs to attend your next family-friendly event. To find out more about how you can invite T-Recs to your event, call 240-777-6820.

218557	Germantown CC	6/17	Tu	6:00pm-7:00pm
218558	Germantown CC	6/17	Tu	7:00pm-8:00pm
218559	Damascus CRC	6/18	W	7:00pm-8:00pm
218560	Bauer Drive CC	6/18	W	6:00pm-7:00pm
218561	Bauer Drive CC	6/18	W	7:00pm-8:00pm
218563	Resnik, Judith A. ES	6/18	W	6:00pm-7:00pm
218564	Resnik, Judith A. ES	6/18	W	7:00pm-8:00pm
218565	Clara Barton CC	6/18	W	7:00pm-8:00pm
218566	Montgomery Village MS	6/18	W	7:00pm-8:00pm
218567	Fairland CC	6/19	Th	6:00pm-7:00pm
218568	Fairland CC	6/19	Th	7:00pm-8:00pm
218569	DuFief ES	6/19	Th	6:00pm-7:00pm
218570	DuFief ES	6/19	Th	7:00pm-8:00pm
218571	Poole, John MS	6/19	Th	7:00pm-8:00pm
218572	Rolling Terrace ES	6/19	Th	6:00pm-7:00pm
218573	Rolling Terrace ES	6/19	Th	7:00pm-8:00pm
218574	Bethesda ES	6/19	Th	7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13&Up: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advance students. New students accepted before the third class of each session.

7 Sessions \$46

Instructor: Company Staff: TKA, Inc.

218589	Wheaton CC	6/16	M	8:00pm-9:30pm
218594	Potomac CC	6/18	W	8:00pm-9:30pm

8 Sessions \$53

Instructor: Company Staff: TKA, Inc.

218588	Upper County CC	6/16	M	8:00pm-9:30pm
218590	Germantown CC	6/17	Tu	8:00pm-9:30pm
218591	Damascus CRC	6/18	W	8:00pm-9:30pm
218592	Bauer Drive CC	6/18	W	8:00pm-9:30pm
218593	Clara Barton CC	6/18	W	8:00pm-9:30pm
218595	Montgomery Village MS	6/18	W	8:00pm-9:30pm
218596	Bethesda ES	6/19	Th	8:00pm-9:30pm
218597	Fairland CC	6/19	Th	8:00pm-9:30pm
218598	DuFief ES	6/19	Th	8:00pm-9:30pm
218599	Rolling Terrace ES	6/19	Th	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

7 Sessions \$27

Instructor: Company Staff: TKA, Inc.

218600	Holiday Park SrC	6/20	F	7:00pm-9:00pm
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Instructional Sports for Youth & Adults

For more Youth Programs, see *Exercise and Fitness for Youth*.

Skateboarding Level I Mini

Ages 6-7: Extreme Fun! This class is geared for the first time skater and young beginner. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Skaters can extend their fun by attending the 11:00 a.m. Skate Park's session just for them. Required equipment: Skateboard, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions \$42

Instructor: American In-Line Skating

219148	Olney Manor Skate Park	6/22	Su	10:30am-11:00am
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Skateboarding Level I

Ages 6-12: Extreme Fun! This class is great for the beginner. Learn to push, ride, tack turn, switch turn, ride fakie and a safe approach to ramps. Emphasis is on skate park safety, increasing confidence and riding within ones ability. Class includes instruction and skateboard games. Instructor will work with various beginner levels. Required equipment: Skateboard, helmet designed for skateboarding, wrist guards, elbow and knee pads and drinking water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions \$81

Instructor: American In-Line Skating

219149	Olney Manor Skate Park	6/21	Sa	8:30am-9:30am
219151	Olney Manor Skate Park	6/21	Sa	9:00am-10:00am
219150	Olney Manor Skate Park	6/22	Su	8:30am-9:30am



Skateboarding Level II

Ages 9-13: Prerequisite: Level I or one year of skateboarding. Radical Dude! Kids want air. Parents want down to earth instruction. Learn to ollie onto a grind box, drop in, stall grind, slide and more! Improve your flatland technique, ollie, kick flip and manual. Emphasis is on increasing confidence, riding within ones ability and skate park etiquette. Required equipment: Skateboard, helmet designed for skateboarding, wrist guards, elbow and knee pads and water. Wrist guards are highly recommended. Classes cancelled due to inclement weather will be made up by adding additional days. For questions regarding the program, please call 703-994-7617.

6 Sessions **\$81**

Instructor: American In-Line Skating

219152 Olney Manor RP 6/22 Su 9:30am-10:30am

NEW! Badminton Little Beginners

Ages 6-8: Introduction. Get 'em started early in this wonderful lifetime sport. Emphasis on coordination of object, mind and body. \$5 material fee due to instructor.

8 Sessions **\$32**

Instructor: Gary Chao

219156 Bauer Drive CC 6/21 Sa 10:45am-11:15am

Badminton Beginner/Advanced Beginner

Ages 9&Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. \$10 material fee due to instructor. Competitive techniques of both singles and doubles play.

8 Sessions **\$64**

Instructor: Gary Chao

219153 Bauer Drive CC 6/21 Sa 9:45am-10:45am

Badminton Intermediate/Advanced

Ages 9&Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. \$20 material fee due to instructor.

8 Sessions **\$95**

Instructor: Gary Chao

219155 Bauer Drive CC 6/21 Sa 11:15am-1:30pm

**Tiny Tots****Arts & Crafts****Tiny Hand Crafts Summer Fun**

Ages 2-7: Come join us for a big "handful" of crafts. Each class we'll create 3-4 incredible crafts and the opportunity to experience new textures, explore, play and socialize. Please bring a smock and a box to transport the crafts. \$20 material fee due to the instructor. Parent participation required.

6 Sessions **\$62**

Instructor: Tiny Hands

217536 Quince Orchard Vly NP 6/24 Tu 1:00pm-2:00pm

217537 Damascus CRC 6/24 Tu 10:00am-11:00am

217539 Potomac CC 6/25 W 10:00am-11:00am

217540 Potomac CC 6/25 W 11:15am-12:15pm

Language & Play**Little Linguists Summer**

Ages 18 mos-3 years and 2-6 years: Come join our fun, creative and innovative program designed to expose children to the Spanish language! Singing, movement, art, literature and more will enchant participants and parents alike. A great opportunity to add a new attribute to your child's repertoire and enhance their cognitive and social skills. Classes 9:45-10:30 are for ages 18 mos-3 years. Classes 10:30-11:15 are for 2-6 years. \$10 material fee due to instructor. Adult participation required. For more info, please email sandra.aresta@verizon.net.

4 Sessions **\$44**

Instructor: Sandra Aresta

219174 Leland CC 6/14 Sa 9:45am-10:30am

219175 Leland CC 6/14 Sa 10:30am-11:15am

219166 Potomac CC 6/17 Tu 9:45am-10:30am

219167 Potomac CC 6/17 Tu 10:30am-11:15am

219170 Damascus CRC 6/19 Th 9:45am-10:30am

219171 Damascus CRC 6/19 Th 10:30am-11:15am



My daughter loved it. She sings the songs all the time at home.



Music

Music in Motion

Ages 2-5: A music class where everyone will have fun discovering different ways to express yourself through music and movement. Learn basic rhythms while singing, dancing, playing instruments and moving to a variety of music. So join us for a fun way to experience the joy and benefits of music. Adult participation required. All materials included.

6 Sessions **\$75**

Instructor: Rochelle Fernandez

219160	Longwood CC	6/17	Tu	5:30pm-6:15pm
219161	Longwood CC	6/19	Th	4:30pm-5:15pm

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$10 material fee due to instructor.

5 Sessions **\$60**

Instructor: Music for Life

217555	Upper County CC	6/18	W	9:15am-10:00am
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Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Includes singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and do not need to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 8-12 months, call 240-777-6870. Adult participation required. \$10 material fee due to instructor.

5 Sessions **\$60**

Instructor: Music for Life

220548	Wheaton Reg. Library	6/16	M	10:15am-11:00am
217543	Wheaton Reg. Library	6/16	M	11:15am-12:00pm
217542	Norbeck-Mncstr Mill NP	6/17	Tu	10:15am-11:00am
217544	Norbeck-Mncstr Mill NP	6/17	Tu	11:15am-12:00pm
217545	Upper County CC	6/18	W	10:15am-11:00am
217546	Upper County CC	6/18	W	11:15am-12:00pm
217547	Leland CC	6/19	Th	10:15am-11:00am
217548	Leland CC	6/19	Th	11:15am-12:00pm
217549	Potomac CC	6/20	F	5:30pm-6:15pm

Ages 3-5: Discover and explore musical aspects and concepts. Covers rhythm, singing, ear training, movement, motor coordination and motor skills. Children play more complex percussion and melodic instruments as class progresses. Parent participation is required. \$10 material fee due to instructor.

Instructor: Music For Life

5 sessions **\$77.00**

220549	Wheaton Reg Library	6/16	M	12:15pm-1:15pm
220551	Potomac CC	6/20	F	4:15pm-5:15pm

Movement, Sports & More Gymnastics Tumbling Format

Ages 3-6 Beginner: Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions **\$70**

Instructor: Denise Schattenberg

219188	Quince Orchard Vly NP	6/26	Th	1:45pm-2:30pm
219187	Upper County CC	6/30	M	1:45pm-2:30pm

Funfit® One

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for you and your child. Price includes all materials. Adult participation required!

6 Sessions **\$59**

Instructor: Funfit®

217360	Leland CC	6/16	M	9:30am-10:15am
217361	Leland CC	6/16	M	10:15am-11:00am
217362	Potomac CC	6/16	M	4:00pm-4:45pm
217363	Gwendolyn Coffield CC	6/17	Tu	9:30am-10:15am
217364	Gwendolyn Coffield CC	6/17	Tu	10:15am-11:00am
217367	Fairland CC	6/17	Tu	9:30am-10:15am
217368	Quince Orchard Vly NP	6/17	Tu	4:00pm-4:45pm
217369	Potomac CC	6/18	W	9:30am-10:15am
217370	Potomac CC	6/18	W	10:15am-11:00am
217371	Damascus CRC	6/18	W	9:30am-10:15am
217372	Germantown CC	6/19	Th	4:00pm-4:45pm
217373	Wheaton CC	6/19	Th	9:30am-10:15am
217374	Quince Orchard Vly NP	6/20	F	9:30am-10:15am

If you would like to make a tax deductible donation to Friends of Recreation, which helps support Department facilities or enables a needy child or teen to enjoy a positive recreation experience, simply make your check payable to Montgomery Parks Foundation and indicate how you want your gift to be used.

Send your check to: Friends of Recreation,
4010 Randolph Road, Silver Spring, MD 20902.

FOR is affiliated with the non-profit Montgomery Parks Foundation. To learn more about FOR, call 240-777-4920 or check our webpage at www.montgomerycountymd.gov/rec.

**Friends of
RECREATION**
Montgomery County

Funfit® Two

Ages 2-3: A fun-filled parent/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Price includes all materials. Adult participation required. Child must be walking.

6 Sessions **\$59**

Instructor: Funfit®

217375	Leland CC	6/16	M	11:00am-11:45am
217376	Potomac CC	6/16	M	4:45pm-5:30pm
217377	Fairland CC	6/17	Tu	10:15am-11:00am
217378	Gwendolyn Coffield CC	6/17	Tu	11:00am-11:45am
217379	Potomac CC	6/18	W	11:00am-11:45am
217380	Damascus CRC	6/18	W	11:00am-11:45am
217381	Wheaton CC	6/19	Th	10:15am-11:00am
217382	Quince Orchard Vly NP	6/20	F	10:15am-11:00am

Family Funfit®

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Price includes all materials. Adult participation required. Child must be walking. Class price is per child.

6 Sessions **\$59**

Instructor: Funfit®

217384	Fairland CC	6/17	Tu	11:00am-11:45am
217387	Damascus CRC	6/18	W	10:15am-11:00am
217386	Wheaton CC	6/19	Th	11:00am-11:45am
217388	Germantown CC	6/19	Th	4:45pm-5:30pm
217389	Quince Orchard Vly NP	6/20	F	11:00am-11:45am
217385	Quince Orchard Vly NP	6/17	Tu	4:45pm-5:30pm

**Wee Wanna Be Summer Siblings**

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Boys and girls will be introduced to, soccer, football, kick ball, agility training, t-ball, and other sports through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Adult participation required. Note: Classes will be held outdoors. Classes may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. Price includes all materials. For inclement weather cancellations and other information please call 301-983-2690. For more information go to ctikids.com.

8 Sessions **\$89**

Instructor: CTI Kids-Coach Doug

219098	Potomac CC	6/16	M, W	9:30am-10:15am
219099	Potomac CC	6/16	M, W	10:15am-11:00am
219100	Germantown CC	6/17	Tu, Th	9:30am-10:15am
219101	Germantown CC	6/17	Tu, Th	10:15am-11:00am



Montgomery County

Join **The First Tee**, Montgomery County this summer for fun in the sun while learning how to play golf! **The First Tee**, Montgomery County uses golf as platform to teach young people how to be successful on and off the course. Focusing on youth who would not typically have access to the game and its opportunities, **The First Tee** helps its golfers learn how to use Respect, Perseverance, Honesty, Integrity, Courtesy, Responsibility, Sportsmanship, Confidence and Judgment in school, with adults and with their friends.

The First Tee offers instruction at Needwood, Laytonsville and Sligo Creek Public Courses as well as an all-girls program at Olney Golf Park. All youth ages 8-17 years old are welcome.



For more information, please log on to www.thefirstteemcmd.org or call 240.447.4646.

Wee Wanna Be Summer Mini

Ages 2-5: For inclement weather cancellations and other information please call 301-983-2690. For more information go to ctikids.com.

4 Sessions**\$45**

Instructor: CTI Kids-Coach Doug

219107	Oakland Terrace ES	6/14	Sa	9:30am-10:15am
219108	Oakland Terrace ES	6/14	Sa	10:15am-11:00am
219178	Oakland Terrace ES	7/12	Sa	9:30am-10:15am
219179	Oakland Terrace ES	7/12	Sa	10:15am-11:00am

Coach Doug's Summer Sports School

Ages 4-7: Join us for this innovative program based on the principals of the highly successful We Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized. Sports include: soccer, lacrosse and more! Price includes all materials.

8 Sessions**\$89**

Instructor: CTI Kids-Coach Doug

219102	Germantown CC	6/16	M, W	4:30pm-5:15pm
219104	Germantown CC	6/16	M, W	5:15pm-6:00pm
219103	Potomac CC	6/17	Tu, Th	4:30pm-5:15pm
219105	Potomac CC	6/17	Tu, Th	5:15pm-6:00pm

Coach Doug Summer Sports School Mini

Ages 4-7: For inclement weather cancellations and other information please call 301-983-2690. For more information go to ctikids.com.

4 Sessions**\$45**

Instructor: CTI Kids-Coach Doug

219109	Oakland Terrace ES	6/14	Sa	11:00am-11:45am
219158	Oakland Terrace ES	7/12	Sa	11:00am-11:45am



Batter Up! Join us for Sports with Coach Doug.



**SUMMER
PROGRAMS
2008**

1 & 2 week sessions run
June 16 - August 22
Weekdays, 9 am - 4 pm

Discounts available when registering for multiple classes.

For class descriptions and registration information
call 301.585.1225 or visit www.roundhousetheatre.org

Xciting Xtras

See *Cooking for Cake Decorating* and *Wine Making* classes.

Dog Obedience Puppy Kindergarten

Ages Trainer 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy. No retractable leashes. Questions, call Wortley Ganoe at 301-946-5645.

6 Sessions **\$48**

Instructor: Wortley Ganoe
219176 MCRD Offices 6/21 Sa 9:30am-10:30am

Dog Obedience Basic

Ages Trainer 12&Up/Dogs 5 months&Up: For the beginning dog and handler. Learn how to teach your dog the following: sit, down, stay, stand, come, heel, and other useful commands. Various training techniques, responsible dog ownership, etc. will be discussed. Students Will need to practice outside class for best results. All work on lead. No retractable leashes. Call Wortley Ganoe at 301-946-5645.

6 Sessions **\$48**

Instructor: Wortley Ganoe
219177 MCRD Offices 6/21 Sa 10:30am-11:30am

Dog Obedience Intermediate

Ages Trainer 12&Up/Dog 6 months&Up: Prerequisite: a basic course. Building on the basic commands, handlers will teach correct heel position, get reliable responses to first command, learn more about canine psychology, training goals, etc. Students will need to practice Questions contact Wortley Ganoe at 301-946-5645.

6 Sessions **\$48**

Instructor: Wortley Ganoe
219180 MCRD Offices 6/21 Sa 11:30am-12:30pm

You Can Juggle Too; You Can Juggle Three

Ages 13&Up: This hands-on class teaches the basics of the art of juggling. Juggling is fun and a great way to exercise. It can improve motor skills, hand-eye coordination, rhythm, timing, and balance. Juggling can help you relax and relieve stress. You can also build confidence and self-esteem by learning to do what seemed impossible before. You can even experiment with tricks. Juggling balls will be provided during the class. Sets of 3 juggling balls (for practice at home) will be available from the instructor for \$3.00 per set (optional). Wear comfortable clothing. Please note this class has 2 sessions.

2 Sessions **\$18**

Instructor: Johnarthur Lightfoot
218349 Potomac CC 7/10 Th 7:00pm-8:30pm

Access Cards are now required for all Recreation activities!

What is an Access Card?

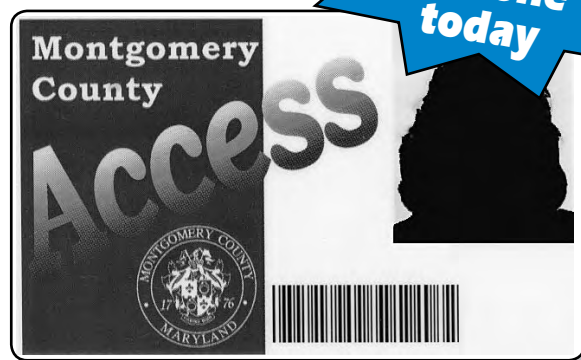
It is a participant card which is scanned upon entrance to any Recreation facility. The Access Card is free, and allows you access to Recreation facilities to attend those classes or activities for which you've registered.

One card does it all!

No more cluttering up your wallet with separate Recreation cards for pool passes, exercise room memberships, or gym use memberships. Now all your membership information is combined on one Access Card! No more waiting in line to put your name on a community center sign in sheet – just scan your Access Card and you're ready to go!

You can sign up for your free Access Card at any Recreation pool, community center, or senior center. It takes only a few minutes – go to any Recreation facility, get your picture taken, and your photo membership card is printed on the spot. That's all it takes!

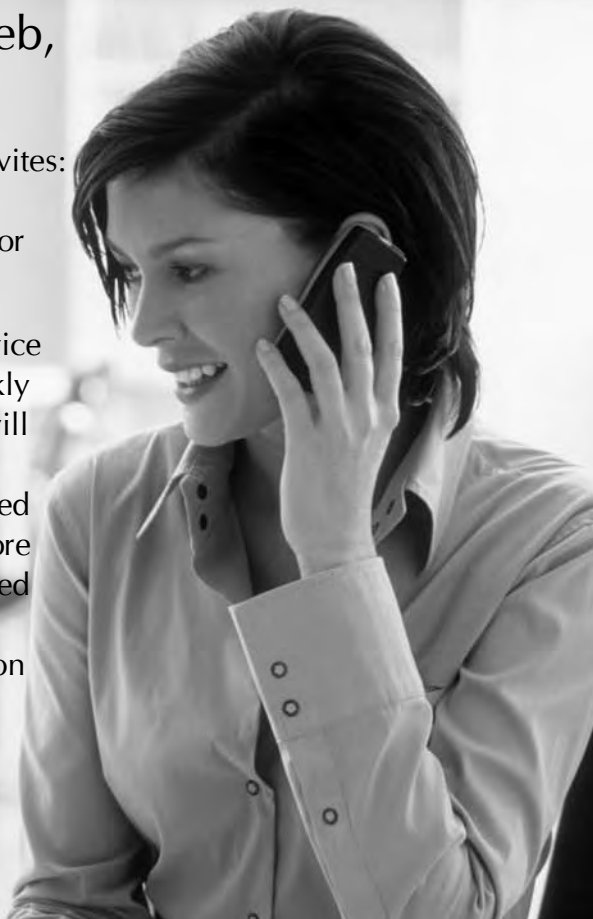
For more information call 240-777-6820 or go to
www.montgomerycountymd.gov/rec



For fastest registration priority, use RecWeb, Starline, or register in person!

The Recreation Department offers five ways to register for activities: RecWeb internet registration, STARLine touchtone telephone registration, walk-in registration, mail, and fax. See page 162 for more information about each of these registration procedures.

A note about fax and mailed registrations: Our Customer Service representatives process faxed and mailed registrations as quickly as possible; but we cannot guarantee that these registrations will be processed immediately upon receipt. If there are walk-in customers at the Customer Service window when faxed or mailed registrations are received, the walk-in customers are served before the faxed or mailed registrations are processed. If faxed or mailed registration forms are received prior to the first official day of registration, these forms will be secured in a safe until registration begins. At that time, the faxed or mailed registrations will be processed, but may not necessarily be processed in the strict order that they were received, and all will be treated as if they arrived on the first day of registration.



Register from the comfort of your own home or wherever you have an internet connection!

No need to walk in or mail in your registration form. Your registration is complete with only a few mouse clicks using RecWeb Internet Registration!

You must have an account with us before you register via RecWeb. For more information about RecWeb, visit our website at www.montgomerycountymd.gov/rec and select *Registration*.



For those who prefer to register on the phone, we still offer STARLine, our automated touchtone phone registration system. Visit our website for complete information about using STARLine.



Have more questions about how to register?

Call us at 240-777-6840 and we'll be glad to answer any questions you might have.

All registrations and debts owed on your account must be paid for in full when you register via RecWeb or STARline.

Camps & Programs

Summer Fun Starts Here



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Laugh

Learn

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Camps & Programs MiniGuide

240-777-6870

Summer vacation is almost here! Do you have summer plans for your child yet?

Our summer activities are a perfect fit for your busy summer season. We have a variety of half-day and full-day camps in one-week or two-week sessions. This special Camps & Programs section contains a listing of the great summer experiences we offer for your child.

Many of our summer programs also offer extended before and after care, and bus transportation. For complete details about our Summer Camp Programs, including complete extended care and bus transportation options, you can: view or download a complete PDF copy of the Brochure from our website at www.montgomerycountymd.gov/rec. Either click on the Camps picture at the top of the page or select Camps from the Programs dropdown menu at the top of the page, then click the Summer Camp Brochure 2008.pdf download link.

Or you can pick up a copy of our Summer Camps and Programs Brochure at any Recreation facility or library.

Or you can call our Camps Team at 240-777-6870 and they'll be glad to help you find that perfect program for your child.

Little People Centers

Ages 4-5

A first taste of camp with games, crafts, stories, sing-alongs, and special themes.

Bauer Drive Community Center

205876	6/16-6/27	9:00am-1:00pm	\$170
205877	6/30-7/10	9:00am-1:00pm	\$153
205878	7/14-7/25	9:00am-1:00pm	\$170
205895	7/28-8/1	9:00am-1:00pm	\$85

Beverly Farms Elementary School

205879	6/16-6/27	9:00am-1:00pm	\$170
205880	6/30-7/11	9:00am-1:00pm	\$153
205881	7/14-7/25	9:00am-1:00pm	\$170

Darnestown Elementary School

205886	6/16-6/27	9:00am-1:00pm	\$170
205887	6/30-7/11	9:00am-1:00pm	\$153
205888	7/14-7/25	9:00am-1:00pm	\$170

DuFief Elementary School

205883	6/16-6/27	9:00am-1:00pm	\$170
205884	6/30-7/11	9:00am-1:00pm	\$153
205885	7/14-7/25	9:00am-1:00pm	\$170

NEW LOCATION:

Burtonsville Elementary School

207726	6/16-6/27	9:00am-1:00pm	\$170
207727	6/30-7/11	9:00am-1:00pm	\$153
207728	7/14-7/25	9:00am-1:00pm	\$170

Leland Community Center

205889	6/16-6/27	9:00am-1:00pm	\$170
205890	6/30-7/11	9:00am-1:00pm	\$153
205891	7/14-7/25	9:00am-1:00pm	\$170
205896	7/28-8/1	9:00am-1:00pm	\$85

Little Bennett Elementary School

205892	6/16-6/27	9:00am-1:00pm	\$170
205893	6/30-7/11	9:00am-1:00pm	\$153
205894	7/14-7/25	9:00am-1:00pm	\$170

Longwood Community Center

205897	6/16-6/27	9:00am-1:00pm	\$170
205898	6/30-7/11	9:00am-1:00pm	\$153
205899	7/14-7/25	9:00am-1:00pm	\$170
205900	7/28-8/1	9:00am-1:00pm	\$85

Matsunaga Elementary School

205901	6/16-6/27	9:00am-1:00pm	\$170
205902	6/30-7/11	9:00am-1:00pm	\$153
205903	7/14-7/25	9:00am-1:00pm	\$170

Potomac Elementary School

205904	6/16-6/27	9:00am-1:00pm	\$170
205905	6/30-7/11	9:00am-1:00pm	\$153
205906	7/14-7/25	9:00am-1:00pm	\$170



Tiny Tots Camps

Funfit® Summer Fun

Ages 3-5

Exciting activities include parachutes, movement, sing-alongs, crafts, and specials.

Instructor: Funfit®

Capital View-Homewood Local Park

206350	6/16-7/2	9:30am-11:30am	\$180
206349	6/17-7/3	9:30am-11:30am	\$180
206352	7/7-7/23	9:30am-11:30am	\$180
206353	7/8-7/24	9:30am-11:30am	\$180
206356	7/28-8/13	9:30am-11:30am	\$180
206357	7/29-8/14	9:30am-11:30am	\$180

Quince Orchard Valley Neighborhood Park

206348	6/16-7/2	9:30am-11:30am	\$180
206351	6/17-7/3	9:30am-11:30am	\$180
206354	7/7-7/23	9:30am-11:30am	\$180
206355	7/8-7/24	9:30am-11:30am	\$180
206358	7/28-8/13	9:30am-11:30am	\$180
206359	7/29-8/14	9:30am-11:30am	\$180

UK Elite Soccer Summer Petite

Ages 3-4

Introduction to soccer utilizing maximum activity and participation.

Burning Tree Elementary School

206374	6/23-6/27	10:45am-12:15pm	\$120
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Darnestown Local Park

206375	7/7-7/11	9:00am-10:30am	\$120
206376	7/7-7/11	10:45am-12:15pm	\$120

Flower Hill Elementary School

206381	6/23-6/27	9:00am-10:30am	\$120
206382	6/23-6/27	10:45am-12:15pm	\$120

Greenwood Elementary School

206377	8/4-8/8	9:00am-10:30am	\$120
206378	8/4-8/8	10:45am-12:15pm	\$120

Gwendolyn Coffield Community Center

206379	8/18-8/22	9:00am-10:30am	\$120
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Seven Locks Elementary School

207221	7/14-7/18	9:00am-10:30am	\$120
207222	7/14-7/18	10:45am-12:15pm	\$120

Wood Acres Elementary School

206383	7/28-8/1	9:00am-10:30am	\$120
206384	7/28-8/1	10:45am-12:15pm	\$120

Mini Music Makers

Ages 3-5

Discover and explore musical aspects and concepts. \$20 material fee.

Gwendolyn Coffield Community Center

206364	6/16-7/2	9:30am-11:30am	\$145
206365	7/7-7/23	9:30am-11:30am	\$145

Norwood Local Park

206366	6/17-7/3	9:30am-11:30am	\$145
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Challenger Jr.

Ages 3-5

Creative and age appropriate activities of space and rocketry with the non-competitive sports/fitness. \$5 material fee due.

Cabin John Middle School

206496	6/16-6/20	9:00am-12:00pm	\$98
206497	6/23-6/27	9:00am-12:00pm	\$98
206498	6/30-7/3	9:00am-12:00pm	\$78
206499	7/7-7/11	9:00am-12:00pm	\$98
206500	7/14-7/18	9:00am-12:00pm	\$98
206501	7/21-7/25	9:00am-12:00pm	\$98
206502	7/28-8/1	9:00am-12:00pm	\$98
206503	8/4-8/8	9:00am-12:00pm	\$98

Westland Middle School

206504	7/14-7/18	9:00am-12:00pm	\$98
206505	7/21-7/25	9:00am-12:00pm	\$98

Mini Music Notions N' Motions

Ages 3-5

Explore musical aspects and concepts. \$10 material fee.

Norwood Local Park

208411	7/28-8/4	9:00am-12:00pm	\$175
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One-of-a-Kind Camps

EIS (Explorations in Science) Camp

Ages 6-8

Exploration of science through hands-on experiments that are stimulating and fun and fast-paced games and creative crafts.

DuFief Elementary School

207043	6/16-6/27	9:00am-3:30pm	\$270
207044	6/30-7/11	9:00am-3:30pm	\$243
207045	7/14-7/25	9:00am-3:30pm	\$270
207216	7/28-8/1	9:00am-3:30pm	\$135

On-the-Go

Ages 8-12

A midday trip every day to exciting destinations in and around Montgomery County. Crafts, sports, and energetic camp games scheduled before and after trips.

TBA

207223	6/16-6/27	9:00am-3:30pm	\$355
207224	6/30-7/11	9:00am-3:30pm	\$320
207225	7/14-7/25	9:00am-3:30pm	\$355
207232	7/28-8/1	9:00am-3:30pm	\$178

Rocky Hill Middle School

207241	7/14-7/25	9:00am-3:30pm	\$355
207218	7/28-8/1	9:00am-3:30pm	\$178

Shady Grove Middle School

207213	6/16-6/27	9:00am-3:30pm	\$355
207240	6/30-7/11	9:00am-3:30pm	\$320

Wheaton Community Center

207242	7/28-8/1	9:00am-3:30pm	\$178
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Wood Middle School

207233	6/16-6/27	9:00am-3:30pm	\$355
207214	6/30-7/11	9:00am-3:30pm	\$320
207217	7/14-7/25	9:00am-3:30pm	\$355



Imagination

Ages 5-8

Each session campers experience a new theme of fast-paced fun that includes camp games, crafts and special events.

- Session 1: Go Green: Reduce, Reuse, Recycle
- Session 2: Red, White & Blue: American Heroes
- Session 3: Island Adventure
- Session 4: Summer Olympics

Cabin John Middle School

207251	6/16-6/27	9:00am-3:30pm	\$250
207252	6/30-7/11	9:00am-3:30pm	\$225
207253	7/14-7/25	9:00am-3:30pm	\$250
207254	7/28-8/1	9:00am-3:30pm	\$125

DuFief Elementary School

206876	6/16-6/27	9:00am-3:30pm	\$250
206877	6/30-7/11	9:00am-3:30pm	\$225
206878	7/14-7/25	9:00am-3:30pm	\$250
206879	7/28-8/1	9:00am-3:30pm	\$125

Fairland Community Center

206880	6/16-6/27	9:00am-3:30pm	\$250
206881	6/30-7/11	9:00am-3:30pm	\$225
206882	7/14-7/25	9:00am-3:30pm	\$250
206883	7/28-8/1	9:00am-3:30pm	\$125

Great Seneca Creek Elementary School

208625	6/16-6/27	9:00am-3:30pm	\$250
208626	6/30-7/11	9:00am-3:30pm	\$225
208627	7/14-7/25	9:00am-3:30pm	\$250
208628	7/28-8/1	9:00am-3:30pm	\$125

Greenwood Elementary School

206884	6/16-6/27	9:00am-3:30pm	\$250
206885	6/30-7/11	9:00am-3:30pm	\$225
206886	7/14-7/25	9:00am-3:30pm	\$250
206887	7/28-8/1	9:00am-3:30pm	\$125

Potomac Community Center

206888	6/16-6/27	9:00am-3:30pm	\$250
206889	6/30-7/11	9:00am-3:30pm	\$225
206890	7/14-7/25	9:00am-3:30pm	\$250
206891	7/28-8/1	9:00am-3:30pm	\$125

Pyle, Thomas W. Middle School

206892	6/16-6/27	9:00am-3:30pm	\$250
206893	6/30-7/11	9:00am-3:30pm	\$225
206894	7/14-7/25	9:00am-3:30pm	\$250
206895	7/28-8/1	9:00am-3:30pm	\$125

Rocky Hill Middle School

206896	6/16-6/27	9:00am-3:30pm	\$250
206897	6/30-7/11	9:00am-3:30pm	\$225
206898	7/14-7/25	9:00am-3:30pm	\$250
206899	7/28-8/1	9:00am-3:30pm	\$125



Shady Grove Middle School

207256	6/16-6/27	9:00am-3:30pm	\$250
207257	6/30-7/11	9:00am-3:30pm	\$225
207259	7/14-7/25	9:00am-3:30pm	\$250
207260	7/28-8/1	9:00am-3:30pm	\$125

Wood Middle School

206917	6/16-6/27	9:00am-3:30pm	\$250
206918	6/30-7/11	9:00am-3:30pm	\$225
206919	7/14-7/25	9:00am-3:30pm	\$250
206920	7/28-8/1	9:00am-3:30pm	\$125

Art & Drama

Art Expressions

Ages 6-8

Explore a variety of forms of expression daily art and craft projects incorporating a variety of mediums, skills and techniques.

TBA

207004	6/16-6/27	9:00am-3:30pm	\$265
207005	6/30-7/11	9:00am-3:30pm	\$239
207006	7/14-7/25	9:00am-3:30pm	\$265
207007	7/28-8/1	9:00am-3:30pm	\$133

Kingsview Middle School

207008	6/16-6/27	9:00am-3:30pm	\$265
207009	6/30-7/11	9:00am-3:30pm	\$239
207010	7/14-7/25	9:00am-3:30pm	\$265
207011	7/28-8/1	9:00am-3:30pm	\$133

Musical Theatre Camps

Ages 9 to 12

A theatre production experience that includes planning and producing a real live stage production. A culminating stage performance for family and friends is the grand finale.

Creative Theatre

Kingsview Middle School

207051	7/14-8/1	9:00am-3:30pm	\$435
207050	6/16-7/11	9:00am-3:30pm	\$551

Center Stage

Cabin John Middle School

207212	6/16-7/11	9:00am-3:30pm	\$551
207215	7/14-8/1	9:00am-3:30pm	\$435

Break-into-Broadway

Ages 6-8

Kids get the chance to develop their talents through dance, movement, and music, skits, impromptu, and more. Culminates with an exciting performance for family and friends.

NEW LOCATION:

Watkins Mill High School

207247	6/16-6/27	9:00am-3:30pm	\$250
207248	6/30-7/11	9:00am-3:30pm	\$225
207250	7/14-7/25	9:00am-3:30pm	\$250

Wheaton Community Center

207047	6/16-6/27	9:00am-3:30pm	\$250
207048	6/30-7/11	9:00am-3:30pm	\$225
207049	7/14-7/25	9:00am-3:30pm	\$250

For complete details on Summer camps & Programs, visit our website at montgomerycountymd.gov/rec

Abrakadoodle

Animé

Ages 7-12

Discover how to create that unique look that is the Japanese art of animation. \$50 material fee.

Castles & Dragons

Ages 6-12

Kings and Queens have fun exploring a variety of kingly arts & crafts. \$50 material fee.

Icky Slimy Goopy

Ages 6-12

Join in the icky fun as you sculpt, print, mix and cut paper to make the most unusual art projects! \$50 material fee.

Art Outside

Ages 6-12

Discover art that reflects the outdoors. \$50 material fee.

Pirate Island

Ages 6-12

Have a ball with these fun arts & crafts lessons designed around pirate life. \$50 material fee.

Art Safari

Ages 6-12

Explore popular children's books and create wild animals with a variety of mediums. \$50 material fee.

Studio Two

Ages 7-12

Learn new techniques in painting, modeling materials, collage, art history based on art masters. \$50 material fee.

Underwater Art Adventure

Ages 6-12

Create beautiful art projects as you go underwater with Abrakadoodle! \$50 material fee.

Another Crack at Wild&Wacky Art

Ages 6-12

Go crazily creative and check out these wacky new lessons. \$50 material fee.



Greenwood Elementary School

207263	Art Outside	6/16-6/20	9:00am-12:15pm	\$118
207576	Pirate Island	6/16-6/20	12:15pm-3:30pm	\$118
207879	Castles & Dragons	6/23-6/27	9:00am-12:15pm	\$118
207052	Underwater Art Adventure	6/23-6/27	12:15pm-3:30pm	\$118
207528	Animé	6/30-7/3	9:00am-12:15pm	\$95
207198	Icky Slimy Goopy	6/30-7/3	12:15pm-3:30pm	\$95
207243	Another Crack at Wild&Wacky Art	7/7-7/11	9:00am-12:15pm	\$118
207282	Art Safari	7/7-7/11	12:15pm-3:30pm	\$118

North Bethesda Middle School

207577	Pirate Island	6/30-7/3	9:00am-12:15pm	\$95
207208	Another Crack at Wild&Wacky Art	6/30-7/3	12:15pm-3:30pm	\$95
207530	Animé	7/7-7/11	9:00am-12:15pm	\$118
207284	Art Safari	7/7-7/11	12:15pm-3:30pm	\$118
207277	Underwater Art Adventure	7/14-7/18	9:00am-12:15pm	\$118
207880	Castles & Dragons	7/14-7/18	12:15pm-3:30pm	\$118
207265	Art Outside	7/21-7/25	9:00am-12:15pm	\$118
207531	Animé	7/21-7/25	12:15pm-3:30pm	\$118
207292	Art Safari	7/28-8/1	9:00am-12:15pm	\$118
207220	Studio Two	7/28-8/1	12:15pm-3:30pm	\$118
207579	Pirate Island	8/4-8/8	9:00am-12:15pm	\$118
207261	Icky Slimy Goopy	8/4-8/8	12:15pm-3:30pm	\$118

NEW LOCATION: Page Elementary School

207529	Animé	6/30-7/3	9:00am-12:15pm	\$95
207264	Art Outside	6/30-7/3	12:15pm-3:30pm	\$95
207219	Studio Two	7/7-7/11	9:00am-12:15pm	\$118
207280	Art Safari	7/7-7/11	12:15pm-3:30pm	\$118
207245	Another Crack at Wild&Wacky Art	7/14-7/18	9:00am-12:15pm	\$118
207255	Icky Slimy Goopy	7/14-7/18	12:15pm-3:30pm	\$118
207881	Castles & Dragons	7/21-7/25	9:00am-12:15pm	\$118
207278	Underwater Art Adventure	7/21-7/25	12:15pm-3:30pm	\$118
207291	Art Safari	7/28-7/28	9:00am-12:15pm	\$118
207249	Another Crack at Wild&Wacky Art	7/28-8/1	12:15pm-3:30pm	\$118
207580	Pirate Island	8/4-8/8	9:00am-12:15pm	\$118
207262	Icky Slimy Goopy	8/4-8/8	12:15pm-3:30pm	\$118

White Oak Middle School

207244	Another Crack at Wild&Wacky Art	7/14-7/18	9:00am-12:15pm	\$118
207578	Pirate Island	7/14-7/18	12:15pm-3:30pm	\$118
207258	Icky Slimy Goopy	7/21-7/25	9:00am-12:15pm	\$118
207290	Art Safari	7/21-7/25	12:15pm-3:30pm	\$118
207279	Underwater Art Adventure	7/28-8/1	9:00am-12:15pm	\$118
207532	Animé	7/28-8/1	12:15pm-3:30pm	\$118

Art Mini Camps

Camp Little Linguists

Ages 5-8

Discover the many fun, creative and enjoyable ways to practice Spanish. \$10 material fee.

Norwood Local Park

208468 7/7-7/11 9:00am-3:30pm \$210

Art Destinations Specialty Camp

Ages 7-15

You can try new art projects everyday! \$40 material fee for half-day two-week sessions.

Damascus Community Recreation Center

206740	6/16-6/27	8:30am-12:15pm	\$210
206741	6/16-6/27	12:15pm-4:00pm	\$210
208538	6/16-6/20	8:30am-4:00pm	\$210
208546	6/23-6/27	8:30am-4:00pm	\$210
206742	6/30-7/11	8:30am-12:15pm	\$189
206743	6/30-7/11	12:15pm-4:00pm	\$189
208547	6/30-7/3	8:30am-4:00pm	\$189
208548	7/7-7/11	8:30am-4:00pm	\$210
206744	7/14-7/25	8:30am-12:15pm	\$210
206745	7/14-7/25	12:15pm-4:00pm	\$210
208549	7/14-7/18	8:30am-4:00pm	\$210
208551	7/21-7/25	8:30am-4:00pm	\$210

Wood Middle School

Ages 8-14

206734	6/16-6/27	9:00am-12:15pm	\$210
206737	6/16-6/27	12:15pm-3:30pm	\$210
208283	6/16-6/20	9:00am-3:30pm	\$210
208290	6/23-6/27	9:00am-3:30pm	\$230
206736	7/14-7/25	9:00am-12:15pm	\$210
206739	7/14-7/25	12:15pm-3:30pm	\$210
208288	7/14-7/18	9:00am-3:30pm	\$210
208289	7/21-7/25	9:00am-3:30pm	\$210

Ages 9-15

206735	6/30-7/11	9:00am-12:15pm	\$189
206738	6/30-7/11	12:15pm-3:30pm	\$189
208284	6/30-7/3	9:00am-3:30pm	\$189
208286	7/7-7/11	9:00am-3:30pm	\$210



Art in the Park

Ages 4-9

Discover a different adventure in nature, arts, games and music. \$10 material fee.

Norwood Local Park

208429	6/16-6/30	9:30am-12:30pm	\$75
208432	6/17-7/1	12:30pm-3:30pm	\$75
208433	6/18-7/2	12:30pm-3:30pm	\$75
210380	6/18-7/28	12:30pm-3:30pm	\$75
208478	6/19-7/3	12:30pm-3:30pm	\$75
210378	6/20-6/27	9:30am-12:30pm	\$50
210379	6/20-6/27	12:30pm-3:30pm	\$50

Nature Camps

Explorer

Ages 9-13

Offers creek walking, hiking, and canoeing once a week along with stimulating games, crafts, and nature exploration. First three sessions hold an evening cookout that is not to be missed!

Tilden Woods Local Park

206976	6/16-6/27	9:00am-3:30pm	\$290
206977	6/30-7/11	9:00am-3:30pm	\$261
206978	7/14-7/25	9:00am-3:30pm	\$290
206979	7/28-8/1	9:00am-3:30pm	\$145

Hidden Spring

Ages 9-13

Develop outdoor skills and enjoy onsite canoeing. First three sessions hold an evening cookout that is not to be missed!

Rock Creek Regional Park

206980	6/16-6/27	9:00am-3:30pm	\$290
206981	6/30-7/11	9:00am-3:30pm	\$261
206982	7/14-7/25	9:00am-3:30pm	\$290
206983	7/28-8/1	9:00am-3:30pm	\$145

Seneca Creek

Ages 9-13

A top-of-the-line camp with swimming every day. Located in a park setting with hiking, canoeing, nature exploration, crafts, camp games, and a field trip each session. A culminating overnight experience the first three sessions.

Camp Seneca Local Park

208481	6/16-6/27	9:00am-3:30pm	\$290
206985	6/30-7/11	9:00am-3:30pm	\$261
206986	7/14-7/25	9:00am-3:30pm	\$290
206987	7/28-8/1	9:00am-3:30pm	\$145
207729	8/4-8/8	9:00am-3:30pm	\$145

Dance and Performing Arts

Performance Dance Workshop I

Ages 6-7

Combines creative expression and character dancing in this performance skills training camp.

North Bethesda Middle School

207196 7/21-8/1 9:00am-12:00pm \$248

Performance Workshop II

Ages 7-8

Combines contemporary movement, ballet, and some jazz in this performance skills training camp.

Leland Community Center

207204 8/4-8/15 9:00am-12:00pm \$248

Top Hats Summer Tap

Ages 6-7

Rhythm, Broadway tap instruction and choreography, piece together this dance camp.

Leland Community Center

207630 8/18-8/22 9:00am-4:00pm \$248

Musical Notions N' Motions

Ages 5-12

Find your inner rhythm as you enjoy singing and choir, exploring different instruments, discovering new dances and dance moves, playing the piano and more!

Norwood Local Park

208405	7/14-7/25	9:30am-3:30pm	\$295
208406	7/28-8/8	9:30am-3:30pm	\$295

Golden School of Music

211532 6/16-7/27 9:30am-3:30pm \$295



Sports Camps



Sports Etc.

Ages 5-8

Introduces campers to such sports as basketball, Tball, flag football, soccer, and gym hockey.

Potomac Elementary School

207000	6/16-6/27	9:00am-3:30pm	\$250
207001	6/30-7/11	9:00am-3:30pm	\$225
207002	7/14-7/25	9:00am-3:30pm	\$250
207003	7/28-8/1	9:00am-3:30pm	\$125

Microstars

Ages 6-8

Introduces children to the fundamentals of sports such as Tball, flag football, basketball, soccer and gym hockey.

Bauer Drive Community Center

206924	6/16-6/27	9:00am-3:30pm	\$250
206925	6/30-7/11	9:00am-3:30pm	\$225
206926	7/14-7/25	9:00am-3:30pm	\$250
206927	7/28-8/1	9:00am-3:30pm	\$125

Germantown Community Center

206934	6/16-6/27	9:00am-3:30pm	\$250
206935	6/30-7/11	9:00am-3:30pm	\$225
206936	7/14-7/25	9:00am-3:30pm	\$250
206937	7/28-8/1	9:00am-3:30pm	\$125

Longwood Community Center

206938	6/18-6/27	9:00am-3:30pm	\$250
206939	6/30-7/11	9:00am-3:30pm	\$225
206940	7/16-7/25	9:00am-3:30pm	\$250
206941	7/30-8/1	9:00am-3:30pm	\$125

Sportzone

Ages 8-12

Basketball, flag football, soccer, gym hockey, group games, sports drills are all on the schedule for a great blend of sports activities and fun.

DuFief Elementary School

205926	6/16-6/27	9:00am-3:30pm	\$250
205927	6/30-7/11	9:00am-3:30pm	\$225
205928	7/14-7/25	9:00am-3:30pm	\$250
205929	7/28-8/1	9:00am-3:30pm	\$125

Fairland Community Center

205930	6/16-6/27	9:00am-3:30pm	\$250
205931	6/30-7/11	9:00am-3:30pm	\$225
205932	7/14-7/25	9:00am-3:30pm	\$250
205933	7/28-8/1	9:00am-3:30pm	\$125

NEW LOCATION:

Watkins Mill High School

205934	6/16-6/27	9:00am-3:30pm	\$250
205935	6/30-7/11	9:00am-3:30pm	\$225
205936	7/14-7/25	9:00am-3:30pm	\$250
205937	7/28-8/1	9:00am-3:30pm	\$125

Newport Mill Middle School

205938	6/16-6/27	9:00am-3:30pm	\$250
205939	6/30-7/11	9:00am-3:30pm	\$225
205940	7/14-7/25	9:00am-3:30pm	\$250
205941	7/28-8/1	9:00am-3:30pm	\$125

Potomac Community Center

205942	6/16-6/27	9:00am-3:30pm	\$250
205943	6/30-7/11	9:00am-3:30pm	\$225
205944	7/14-7/25	9:00am-3:30pm	\$250
205945	7/28-8/6	9:00am-3:30pm	\$125

Pyle, Thomas W. Middle School

205946	6/16-6/27	9:00am-3:30pm	\$250
205947	6/30-7/11	9:00am-3:30pm	\$225
205948	7/14-7/25	9:00am-3:30pm	\$250
205949	7/28-8/1	9:00am-3:30pm	\$125

Shooting Stars Basketball Camp

Ages 8-12

Basketball every day and occasional just-for-fun sports activities such as flag football, kickball, and other sporting activities.

Rocky Hill Middle School

207209	6/16-6/27	9:00am-3:30pm	\$260
207210	6/30-7/11	9:00am-3:30pm	\$234

Shady Grove Middle School

207199	7/14-7/25	9:00am-3:30pm	\$260
207200	7/28-8/1	9:00am-3:30pm	\$130



This MiniGuide is only a listing of our summer camps and programs.

Complete details about all summer programs, including bus transportation and extended care options, can be found in our Summer Camps and Programs brochure.

You can pick up copies of the brochure at any Recreation facility, or you can download a copy from our website at www.montgomerycountymd.gov/rec.

For more information call our Camps Team at 240-777-6870.



Exciting Xtras

Challenger Space & Rocketry

Ages 5-12

Combines sports, space science and computer technology. \$10 material fee.

Cabin John Middle School

207015	6/16-6/20	9:00am-3:30pm	\$195
207016	6/23-6/27	9:00am-3:30pm	\$195
207017	6/30-7/3	9:00am-3:30pm	\$156
207018	7/7-7/11	9:00am-3:30pm	\$195
207019	7/14-7/18	9:00am-3:30pm	\$195
207020	7/21-7/25	9:00am-3:30pm	\$195
207021	7/28-8/1	9:00am-3:30pm	\$195
207022	8/4-8/8	9:00am-3:30pm	\$195

Westland Middle School

207023	7/14-7/18	9:00am-3:30pm	\$195
207024	7/21-7/25	9:00am-3:30pm	\$195

Kids, Keys 'n Sports

Ages 5-12

Exercises your child's body as well as his/her mind! \$10 material fee.

Cabin John Middle School

207033	6/16-6/20	9:00am-3:30pm	\$195
207034	6/23-6/27	9:00am-3:30pm	\$195
207035	6/30-7/3	9:00am-3:30pm	\$156
207036	7/7-7/11	9:00am-3:30pm	\$195
207037	7/14-7/18	9:00am-3:30pm	\$195
207038	7/21-7/25	9:00am-3:30pm	\$195
207039	7/28-8/1	9:00am-3:30pm	\$195
207040	8/4-8/8	9:00am-3:30pm	\$195

Westland Middle School

207041	7/14-7/18	9:00am-3:30pm	\$195
207042	7/21-7/25	9:00am-3:30pm	\$195

Club Holiday Endless Summer

Ages 3-12 (3-5 half-day only)

Sports, games, arts & crafts and more are offered in this supercharged environment.

Bauer Drive Community Center

207229	8/11-8/15	9:30am-12:30pm	\$98
207228	8/11-8/15	9:30am-3:30pm	\$170

Germantown Community Center

207226	8/4-8/8	9:30am-12:30pm	\$98
207227	8/4-8/8	9:30am-3:30pm	\$170

Potomac Community Center

207230	8/18-8/22	9:30am-12:30pm	\$98
207231	8/18-8/22	9:30am-3:30pm	\$170

Minding Your Manners Etiquette Camp

Ages 6-9

Children have never had more fun practicing good manners.

Matsunaga Elementary School

207288	7/28-8/1	9:00am-12:00pm	\$150
207289	8/4-8/8	9:00am-12:00pm	\$150

Horseback Riding: Camp

Ages 8-14

Children ride twice per day, 4 times per week, swim daily, and do various unmounted horse activities, including leading horses, unsaddling, grooming, bathing, cleaning tack, plus general barn responsibilities.

Camp Olympia

208186	6/16-6/20	9:30am-3:30pm	\$405
208187	6/30-7/3	9:30am-3:30pm	\$324
208188	8/11-8/15	9:30am-3:30pm	\$405
208189	8/18-8/22	9:30am-3:30pm	\$405

Horses & Sports & More

Ages 8-15

Children will swim twice daily, horseback ride 4 times week, play soccer, gymnastics, basketball, track and field plus more in this exciting instructional program.

Camp Olympia

208327	6/16-6/20	9:30am-3:30pm	\$320
208328	6/30-7/3	9:30am-3:30pm	\$320
208329	8/11-8/14	9:30am-3:30pm	\$320
208330	8/18-8/21	9:30am-3:30pm	\$320

Mystery Academy: Magical Fun Camp

Ages 5-7

A less intensive magic camp for younger children who are just starting to become wizards!

NEW LOCATION:

Luxmanor Elementary School

208479	7/7-7/11	9:00am-12:30pm	\$220
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North Bethesda Middle School

208485	7/21-7/25	9:00am-12:30pm	\$220
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Mystery Academy: Carnival Camp

Ages 7-11

Teaches children the basics of Variety Arts. Children learn how to do puppetry, magic, balloon sculpture, face painting, object balancing, juggling, skit comedy, and more!

Rock Creek Valley Elementary School

208477	6/23-6/27	9:00am-3:00pm	\$220
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Mystery Academy: Magic Camp

Ages 7-11

Students train in a variety of forms of magic, sleight of hand, mentalism, apparatus, coin, card, wand and handkerchief magic, learning the basics of what it means to be a magician.

Rock Creek Valley Elementary School

208474	6/16-6/20	9:00am-3:00pm	\$220
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Mystery Academy: Junior Carnival

Ages 5-7

Geared for younger children to have fun and experience a carnival atmosphere.

NEW LOCATION:

Luxmanor Elementary School

208494	7/14-7/14	9:00am-3:00pm	\$220
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Germantown Community Center

208496	8/11-8/15	9:00am-3:00pm	\$220
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Cooking with Chef Bryan

Create and consume a full meal each day.

Chef Bryan's Kitchen

Ages 12-16

208455	7/28-8/1	10:00am-12:00pm	\$225
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Ages 7-11

208456	8/11-8/15	10:00am-12:00pm	\$225
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Don't forget to visit our website at montgomerycountymd.gov/rec for complete details on summer camps and programs or call our Camps Team at 240-777-6870 for additional information.

Instructional Sports Camps

Baton, Cheerleading, and Poms for Summer

Ages 7-11

All Levels. Choreographed routines to contemporary music. \$27 material fee.

Kingsview Middle School

206176 7/28-8/1 9:00am-3:30pm \$145

Upper County Community Center

206177 8/4-8/8 9:00am-3:00pm \$140

Germantown Community Center

206178 8/11-8/15 9:00am-3:00pm \$140

Fencing School

Ages 7-16

An introduction geared to students who have a strong commitment to fitness and skill building. \$30 material fee.

Kensington-Parkwood Elementary School

206244 6/16-6/27 3:45pm-5:45pm \$158

206248 6/30-7/11 3:45pm-5:45pm \$142

206249 7/14-7/25 3:45pm-5:45pm \$158

206250 7/28-8/8 3:45pm-5:45pm \$158

Matsunaga Elementary School

206240 6/16-6/27 10:00am-12:00pm \$158

206241 6/30-7/11 10:00am-12:00pm \$142

206242 7/14-7/25 10:00am-12:00pm \$158

206243 7/28-8/8 10:00am-12:00pm \$158

Skateboard Clinics

Ages 6-13

All levels. Ride, tack turn, olly kick flip, grind, stall, drop in and get air.

Olney Manor Recreational Park

206227 6/23-6/26 8:30am-12:00pm \$160

206228 6/30-7/3 8:30am-12:00pm \$160

206229 7/7-7/10 8:30am-12:00pm \$160

206230 7/14-7/17 8:30am-12:00pm \$160

206231 7/21-7/24 8:30am-12:00pm \$160

206232 7/28-7/31 8:30am-12:00pm \$160

206233 8/4-8/7 8:30am-12:00pm \$160

206234 8/11-8/14 8:30am-12:00pm \$160

206235 8/18-8/21 8:30am-12:00pm \$160

Potomac Community Center

206236 6/16-6/20 9:00am-12:30pm \$205

206237 8/4-8/8 9:00am-12:30pm \$205

Philbin's Football Condition Camp

Ages 9-18

Focus on basic offensive and defensive fundamentals, advanced blocking and tackling technique and advanced defensive line techniques.

Philbin's Athletic Training Center

208457 6/23-7/3 1:00pm-3:00pm \$240

208576 7/7-7/17 1:00pm-3:00pm \$240

U.K Elite Sports Week

Ages 7-14

A unique week of brand-new sports and games for all.

Garrett Park Elementary School

207246 7/7-7/11 9:00am-12:00pm \$175

Quince Orchard Valley Neighborhood Park

208291 8/4-8/8 9:00am-12:00pm \$175

The Ultimate Boxing and Boot Camp-Youth

Ages 7-15

Beginners to Advanced. A boxer's workout designed to teach students eye, hand and foot coordination.

Bethesda-Chevy Chase High School

206830 8/4-8/7 10:00am-1:00pm \$100

Karate Clinics

Ages 6-12

All levels. Tang Soo Do style Korean karate and jujitsu instruction.

Loiderman Middle School

208996 6/16-6/20 9:00am-11:30am \$50

208997 6/23-6/27 9:00am-11:30am \$50

Volleyball Clinics Mid Atlantic

Ages 11-14

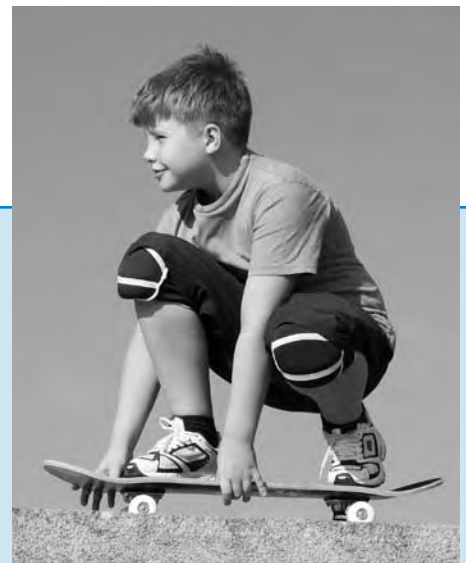
Enhance individual skills, prepares players for high school competition, and develops a greater enjoyment of this sport.

Gaithersburg Middle School

210785 6/16-6/20 9:00am-12:00pm \$120

Herbert Hoover Middle School

210786 7/28-8/1 9:00am-12:00pm \$120



Skating Clinics In Line Basic

Ages 6-13

Beginner and Intermediate levels. Includes gearing up, how to avoid falling down, skating forward and backward, and stopping and turning.

Potomac Community Center

206238 6/16-6/20 9:00am-12:30pm \$205

206239 8/4-8/8 9:00am-12:30pm \$205

Radical fun! Learn the latest skating moves in our clinics, with an emphasis on safety & FUN!

Team Sports Skills

MD Sports Summer Basketball Clinic

Ages 6-17

Games played daily. Skills emphasized: shooting, ball handling, 1 on 1 moves, post moves, using and setting pick and roll play, and team concepts. Campers are placed on teams by age and skill level.

Bethesda-Chevy Chase High School

206326	6/16-6/20	9:00am-4:00pm	\$240
206327	6/23-6/27	9:00am-4:00pm	\$240
206329	7/7-7/11	9:00am-4:00pm	\$240
206330	7/14-7/18	9:00am-4:00pm	\$240
206331	7/21-7/25	9:00am-4:00pm	\$240
206328	6/30-7/3	9:00am-4:00pm	\$195

One-on-One Basketball Clinic

Ages 9-16

All ability levels. Includes instruction in ball handling, fast break situations, passing, shooting, dribbling, rebounding, individual moves and fun skill enhancing drills.

Kingsview Middle School

208581	6/16-6/20	3:00pm-5:00pm	\$103
208582	6/23-6/27	3:00pm-5:00pm	\$103
208583	6/30-7/3	3:00pm-5:00pm	\$83
208584	7/11-7/17	3:00pm-5:00pm	\$103

Jackson Road Elementary School

208577	7/14-7/18	3:00pm-5:45pm	\$103
208578	7/21-7/25	3:00pm-5:45pm	\$103
208579	7/28-8/1	3:00pm-5:45pm	\$103
208580	8/4-8/8	3:00pm-5:45pm	\$103

Baseball Camps by Bases Loaded

Ages 6-13

Players work on skills such as hitting, pitching, fielding, base running and much more! All ability levels invited.

South Germantown Recreational Park

208587	6/23-6/26	9:00am-1:00pm	\$152
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Wood Middle School

208588	7/21-7/24	9:00am-1:00pm	\$152
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MD Sports Pro Star Sports Camp

Ages 6-14

Play a variety of sports, including basketball and tennis. Great for all skill levels and cross training.

Wood Acres Elementary School

206332	6/16-6/20	9:00am-4:00pm	\$240
206340	6/23-6/27	9:00am-4:00pm	\$240
206341	6/30-7/3	9:00am-4:00pm	\$195
206342	7/7-7/11	9:00am-4:00pm	\$240
206343	7/14-7/18	9:00am-4:00pm	\$240
206344	7/21-7/25	9:00am-4:00pm	\$240
206345	7/28-8/1	9:00am-4:00pm	\$240
206346	8/4-8/8	9:00am-4:00pm	\$240
206347	8/11-8/15	9:00am-4:00pm	\$240

Lacrosse Camp by Global Kids

Ages 7-10

Focus is on individual instruction to improve a player's skill and team/group instruction to implement those skills in a game situation.

Darnestown Elementary School

208611	6/16-6/20	9:00am-3:00pm	\$195
208612	6/23-6/27	9:00am-3:00pm	\$195
208613	6/30-7/3	9:00am-3:00pm	\$156
208614	7/7-7/11	9:00am-3:00pm	\$195
208615	7/14-7/18	9:00am-3:00pm	\$195

Football Clinic

Ages 7-14

Introduces and expands on the basics of tackle football while improving fundamentals.

Cresthaven Elementary School

208552	7/14-7/18	8:30am-3:30pm	\$201
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MD Sports Field Hockey Camp-Girls

Ages 8-14

Includes individual stick work, fundamentals of dribbling, passing and shooting, games and team strategies.

Wood Acres Elementary School

206368	6/23-6/27	9:00am-4:00pm	\$240
206370	6/30-7/3	9:00am-4:00pm	\$195
206371	7/28-8/1	9:00am-4:00pm	\$240
206372	8/4-8/8	9:00am-4:00pm	\$240

MVP Soccer Camp for Girls

Ages 6-14

Players get the opportunity to interact and learn from women who are shaping the future of soccer for the American girl.

North Bethesda Middle School

208680	7/7-7/11	9:00am-3:00pm	\$230
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Soccer Clinic for Youth MVP Soccer Camps

Ages 6-14

Teams and individuals of all skill levels are welcome. Improve your techniques and knowledge of game.

North Bethesda Middle School

208676	6/16-6/20	9:00am-3:00pm	\$230
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Northwest High School

208677	6/23-6/27	9:00am-3:00pm	\$230
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Cresthaven Elementary School

208678	7/14-7/18	9:00am-3:00pm	\$230
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UK Elite Soccer Half Day Clinic

Stimulates learning, developing, practicing and polishing soccer skills.

Ages 5-6

Burning Tree Elementary School

208528 6/23-6/27 9:00am-12:00pm \$175

Darnestown Local Park

208529 7/7-7/11 9:00am-12:00pm \$175

Flower Hill Elementary School

208531 6/23-6/27 9:00am-12:00pm \$175

Greenwood Elementary School

208532 8/4-8/8 9:00am-12:00pm \$175

Gwendolyn Coffield Com. Center

208533 8/18-8/22 9:00am-12:00pm \$175

Seven Locks Elementary School

208539 7/14-7/18 9:00am-12:00pm \$175

Wood Acres Elementary School

208530 7/28-8/1 9:00am-12:00pm \$175

Ages 7-10

Burning Tree Elementary School

208501 6/23-6/27 9:00am-12:00pm \$175

Darnestown Local Park

208502 7/7-7/11 9:00am-12:00pm \$175

Flower Hill Elementary School

208504 6/23-6/27 9:00am-12:00pm \$175

Greenwood Elementary School

208505 8/4-8/8 9:00am-12:00pm \$175

Gwendolyn Coffield Com. Center

208506 8/18-8/22 9:00am-12:00pm \$175

Seven Locks Elementary School

208526 7/14-7/18 9:00am-12:00pm \$175

Wood Acres Elementary School

208503 7/28-8/1 9:00am-12:00pm \$175

Ages 11-14

Burning Tree Elementary School

208540 6/23-6/27 9:00am-12:00pm \$175

Darnestown Local Park

208542 7/7-7/11 9:00am-12:00pm \$175

Flower Hill Elementary School

208541 6/23-6/27 9:00am-12:00pm \$175

Greenwood Elementary School

208544 8/4-8/8 9:00am-12:00pm \$175

Gwendolyn Coffield Com. Center

208545 8/18-8/22 9:00am-12:00pm \$175

Seven Locks Elementary School

208550 7/14-7/18 9:00am-12:00pm \$175

Wood Acres Elementary School

208543 7/28-8/1 9:00am-12:00pm \$175

Summer Camps Opportunities For Children And Teens With Disabilities

Apollo, Little Pines, Big Pines, Chesapeake, Personal Pursuits and TR Summer Teen Center are Therapeutic Recreation Camps designed to help children and teens with disabilities improve social skills, enhance self-esteem, and develop new skills through age appropriate activities in a safe environment. Please call 240-777-4925 or TTY 240-777-6974 for more information and the assistance of a Recreation Specialist to find the most appropriate for your family member.



Mainstreaming Opportunities are available to all. Individuals with disabilities are encouraged to register for all programs offered by the Department of Recreation. Requests for auxiliary aids or companions should be made at least three weeks in advance by calling 240-777-4925.

Volunteer Opportunities are available in general recreation programs/camps where a companion has been requested, and in TR camps. Help enhance the experience of a child or adult with disabilities by providing one-on-one assistance. Call the TR Volunteer Coordinator at 240-777-4925. Training provided and SSL hours given.

Aqua Sports Camp

Do you have a kid who loves going to the pool? Then our Aqua Sports camp is the camp for your child.

Campers get plenty of pool time to play, and we also make time to teach basic swimming and diving skills. Then, for a change of pace, campers enjoy land-based fun as we teach trampoline and tumbling skills, soccer, arts and crafts and other activities.

Campers should be able to swim one length of the pool and be comfortable in deep water. For more information about our Aqua Sports Camps, call our Aquatics Team at 240-777-6860.



Prune-y fingers and toes guaranteed!

Summer Fun Centers

Drop-in program offering crafts, sports, drama, special events and games activities.

Eastern Region

Westover Elementary School

Ages 5-12

208775 6/23-8/1 9:00am-4:00pm \$150

East County Community Center

Ages 5-8

208776 6/23-8/1 8:00am-3:00pm \$150

208826 6/23-8/1 3:00pm-6:00pm \$60

Ages 9-12

208778 6/23-8/1 8:00am-3:00pm \$150

208826 6/23-8/1 3:00pm-6:00pm \$60

Western Region

Chevy Chase Elementary School

Ages 5-12

208772 6/23-8/1 9:00am-4:00pm \$150

Scotland Community Center

Ages 5-12

217534 6/23-8/1 9:00am-4:00pm \$150

Wyngate Elementary School

Ages 5-12

208771 6/23-8/1 9:00am-4:00pm \$150

Clara Barton Community Center

Ages 5-12

208773 6/23-8/1 8:00am-3:00pm \$150

208833 6/23-8/1 3:00pm-6:00pm \$60

Mid-County Region

Loiderman Middle School

Ages 5-13

208761 6/23-8/1 9:00am-4:00pm \$150

Good Hope Community Center

Ages 5-12

208777 7/21-8/1 9:00am-4:00pm \$150

Parks, Rosa Middle School

Ages 5-12

208760 6/23-8/1 9:00am-4:00pm \$150

Veirs Mill Local Park

Ages 5-12

208762 6/23-8/1 9:00am-4:00pm \$150

Bel Pre Elementary School

Ages 5-12

208759 6/23-8/1 8:00am-3:00pm \$150

208835 6/23-8/1 3:00pm-6:00pm \$60

Ross Boddy Community Center

Ages 5-12

208763 6/23-8/1 8:00am-3:00pm \$150

208832 6/23-8/1 3:00pm-6:00pm \$60

Olney Area Location-TBA

Ages 5-12

208783 6/23-8/1 9:00am-4:00pm \$150

Silver Spring Region

Pinecrest Local Park

Ages 5-12

208765 6/23-8/1 9:00am-4:00pm \$150

Rosemary Hills Elementary School

Ages 5-8

208781 6/23-8/1 8:00am-3:00pm \$150

208830 6/23-8/1 3:00pm-6:00pm \$60

Sligo Creek Elementary School

Ages 5-12

208767 6/23-8/1 9:00am-4:00pm \$150

Sligo-Dennis Avenue Local Park
(Sligo Comm.)

Ages 5-12

208766 6/23-8/1 9:00am-4:00pm \$150

Gwendolyn Coffield
Community Center

Ages 9-13

208779 6/23-8/1 8:00am-3:00pm \$150

208830 6/23-8/1 3:00pm-6:00pm \$60

Long Branch Community Center

Ages 5-13

208764 6/23-8/1 8:00am-3:00pm \$150

208829 6/23-8/1 3:00pm-6:00pm \$60

Upper County Region

Clemente, Roberto Middle School

Ages 5-12

208785 6/23-8/1 9:00am-4:00pm \$150

Damascus Community Center

Ages 5-12

208780 6/23-8/1 9:00am-4:00pm \$150

King, Martin Luther Middle School

Ages 5-12

208768 6/23-8/1 9:00am-4:00pm \$150

Lois P. Rockwell Elementary School

Ages 5-12

208784 6/23-8/1 9:00am-4:00pm \$150

Germantown Elementary School

Ages 5-13

208786 6/23-8/1 **FULL** 8:00am-3:00pm \$150

208837 6/23-8/1 3:00pm-6:00pm \$60

Plum Gar Community Center

Ages 5-13

208769 6/23-8/1 **FULL** 8:00am-3:00pm \$150

208828 6/23-8/1 3:00pm-6:00pm \$60

Emory Grove Center

Ages 5-12

208774 6/23-8/1 8:00am-3:00pm \$150

208834 6/23-8/1 3:00pm-6:00pm \$60

Upper County Community Center

Ages 5-13

208770 6/27-8/1 **FULL** 8:00am-3:00pm \$150

208827 6/23-8/1 3:00pm-6:00pm \$60

Waters Landing Elementary School

Ages 5-12

219898 6/23-8/1 9:00am-4:00pm \$150



Teen Camps

Summer Teen Centers

Ages 13-16

Want to hang out this summer with your friends? Drop-in to one of our Teen Centers for hot fun in the sun!

Discounts available when registering for 4 sessions.

Pilgrim Hills Local Park

208641	6/30-7/3	9:00am-3:30pm	\$60
208642	7/7-7/11	9:00am-3:30pm	\$75
208643	7/14-7/18	9:00am-3:30pm	\$75
208644	7/21-7/25	9:00am-3:30pm	\$75

Kingsview Middle School

208194	6/30-7/3	9:00am-3:30pm	\$60
208195	7/7-7/11	9:00am-3:30pm	\$75
208199	7/14-7/18	9:00am-3:30pm	\$75
208200	7/21-7/25	9:00am-3:30pm	\$75

Long Branch Community Library

208633	6/30-7/3	9:00am-3:30pm	\$60
208634	7/7-7/11	9:00am-3:30pm	\$75
208635	7/14-7/18	9:00am-3:30pm	\$75
208636	7/21-7/25	9:00am-3:30pm	\$75

Poole, John Middle School

208190	6/30-7/3	9:00am-3:30pm	\$60
208191	7/7-7/11	9:00am-3:30pm	\$75
208192	7/14-7/18	9:00am-3:30pm	\$75
208193	7/21-7/25	9:00am-3:30pm	\$75

Wheaton High School

208201	6/30-7/3	9:00am-3:30pm	\$60
208202	7/7-7/11	9:00am-3:30pm	\$75
208203	7/14-7/18	9:00am-3:30pm	\$75
208204	7/21-7/25	9:00am-3:30pm	\$75

Summer Teen Travel

Ages 7-10th grades

Have fun in the sun at Rehobeth Beach! Challenge yourself on a ropes course. Enjoy Six Flags and Kings Dominion. Go tubing or white water rafting. Visit Cascade Lake and go to local water parks.

Week 1

East County Community Center

208222	6/30-7/3	8:30am-5:00pm	\$210
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Damascus Community Recreation Center

208223	6/30-7/3	8:30am-5:00pm	\$210
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Week 2

Germantown Community Center

208224	7/7-7/11	8:30am-5:00pm	\$260
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North Bethesda Middle School

208225	7/7-7/11	8:30am-5:00pm	\$260
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Week 3

Olney Manor Recreational Park

208226	7/14-7/18	8:30am-5:00pm	\$260
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Rock View Elementary School

208227	7/21-7/25	8:30am-5:00pm	\$260
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Week 4

Potomac Community Center

208229	7/21-7/25	8:30am-5:00pm	\$260
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Parkland Middle School

208228	7/14-7/18	8:30am-5:00pm	\$260
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Leadership Challenge & Career Quest

Ages 13-16

Learn leadership skills and explore careers. Combine outdoor adventure activities with service projects and interactive workshops.

A. Mario Loiederman Middle School

Career Quest

217401	6/30-7/3	9:00am-4:30pm	\$50
217405	7/14-7/18	9:00am-4:30pm	\$65

Leadership Challenge

217404	7/7-7/11	9:00am-4:30pm	\$65
217406	7/21-7/25	9:00am-4:30pm	\$65

Speed & Agility Camp

Skills & drills for middle and high school students.

Wheaton High School

219799	7/7-7/11	10:00am-2:00pm	Free
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Soccer Skills Camp

Skills & drills for middle and high school students.

Fairland Recreational Park

220998	7/14-7/18	9:00am-1:00pm	Free
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Butch Beard Basketball

Skills & drills for middle and high school students.

Briggs Chaney Middle School

219048	7/21-7/28	9:00am-1:00pm	Free
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Mini Football Camp

Skills & drills for middle and high school students.

Fairland Recreational Park

219049	7/28-8/1	9:00am-3:00pm	Free
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Creative Arts Classes

Summer 2008
Beginning June 16, 2008

Classes and workshops for all ages and abilities!



*Join us for a
wide variety of classes
in dance, music, theater arts
and visual arts!
From ballet to hip hop to piano
to acting to painting
—and more—
there's a class for you!*



Look at some of what we offer—for little kids and “big kids” alike!!

Guitar (all levels)
Piano (all levels)
Intensives for all disciplines
Ballroom Dancing for Beginners

Beginning Ballet
Intermediate Ballet
Broadway Jazz
Drama Kids
Stuck on Salsa

Creative Movement
Jazz/Tap Combo
Singing with Miss Melody
Dance Fitness Fusion

And don't forget our summer camps!
Arts Camps (for kids entering grades 2–8); “Adventures in the Arts” (ages 3–6);
Magic Camp; and Ballet Dance Camp

**For more information, call 301.528.2260 or visit www.blackrockcenter.org.
(Limited scholarships available.)**

BlackRock Center for the Arts 12901 Town Commons Drive Germantown, Md. 20874

We Want You!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Summer!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!

Just call the team you want to work with.

The Sports Page

Welcome to the 2008 U.S. Jr. Olympic Skills Competition!

Jr. Olympic Skills is a FREE national grassroots skills competition that provides both boys and girls ages 8-13 the opportunity to showcase their athletic abilities in four sports: basketball, soccer, tennis and track & field. **This year's Local Qualifier is scheduled for Sunday, May 4, from noon until 2:00pm, at Ridge Road Local Park in Germantown.**

Jr. Olympic Skills Competition is intended to encourage youth participation in sport and emphasize fair and friendly competition. Youngsters can participate in any or all of the individual sports and advance through three levels of competition, including the National Finals in Chicago, Illinois. Each of the sports are scored individually.

Rapid Rally Tennis: Challenges youngsters to serve and continue to hit a low-compression tennis ball against the wall as many times as possible in 30 seconds.

Track & Field: Test youngsters in two fundamental skill events; The Sprint (50-meter dash) and The Jump (standing broad jump). Participants compete in both events to receive the highest cumulative point score.

Basketball: Challenges participants to score as many points as possible by making free throw baskets from designated shooting areas and the free throw line in 45 seconds.

Soccer: Tests participants' ability to dribble, shoot and score in the fastest time possible.

Program Timeline:

Local Qualifiers	January 1-May 15
Regional Competitions	May 17-June 22
National Finals	July 24-26



Preview of Upcoming Recreational Youth Sports Fall Starting Lineup

- Flag Football-League for youth grades 2-8
- Field Hockey-League play for girls, grades 4-9

Registration begins in September. League play begins in early October.

Youth Sports Info Box

MCRD's Fall sports program has something for boys and girls. Fliers are distributed quarterly through county schools. **DO NOT** use the registration form in this publication for these.

- **Flag Football:** A 7-game season for youth grades 2-8. Practices begin September with games expected to begin early in October.

Contact: Clarence Thomas, 240-777-6961

- **Field Hockey:** For girls grades 4-9, this 8-game season starts September 22. Enrollment for pre-formed teams or individuals is open until filled. Teams for grades 4-5, 6-7 and 8-9, for beginners to intermediate levels.

Contact: Angie Walker, 240-777-6961

Seeking Coaches . . .

Volunteer coaches are badly needed for baseball, T-ball and softball. The National Youth Sports Coaches' Association certified training will prepare you and can be conducted online. Must be at least age 16. Call Corky McCorkle at 240-777-6961.

Officials Needed . . .

MCRD is seeking game umpires for youth sports leagues, including baseball and softball programs for grades 2-9. Training is available and salary is commensurate with officiating experience and education. Call 240-777-6961.

Standings, Schedule and Weatherline Info

Forgot where your team plays tonight? Want to know where your team is in the standings? Do you want to know when your makeup game is scheduled?

All the information is available on the Recreation Department's website at www.montgomerycountymd.gov/rec. Information is updated several times a week, so you'll have the latest information available.

For inclement weather updates at a regional park such as Wheaton, Cabin John or Olney, please call that park's weatherline for the latest information.

For local park such as Layhill, Capitalview/Homewood or Norwood, call the MCRD weatherline at 240-777-6889.

On weekdays, the weatherlines are updated by 3:30pm. Sometimes an additional update will follow in case of a late storm or further field spotting.

On weekends, the weatherlines are updated by 7:30am.

FOR ACTIVE ADULTS ON



Start SOARing

See page 83 for more information including fees and registration information.

Working, semi-retired, or retired we realize that your schedule may be a busy one and yet you may want to take the time to try something new in either the day or evening hours SO we are adding a number of new activities to our Program Menu. ALL REQUIRE PRE-REGISTRATION. USE REGISTRATION FORM ON PAGE 156.

If you would like us to add your name to our e-mail list and be updated on new happenings please e-mail us at recreation.customerservice@montgomerycountymd.gov and specify "Active Adults On The Go"

Stay Active Try Something New for Free

It's never too late to try a new activity and recent studies suggest that continuing to learn new skills are important to keeping our minds young and healthy. These are short (1½ to 2 hour) informal talks and/or demonstrations about activities that are available and fun in our area. Come learn about a new activity, learn some new skills and have fun too. **Talks are free but pre registration is required.**

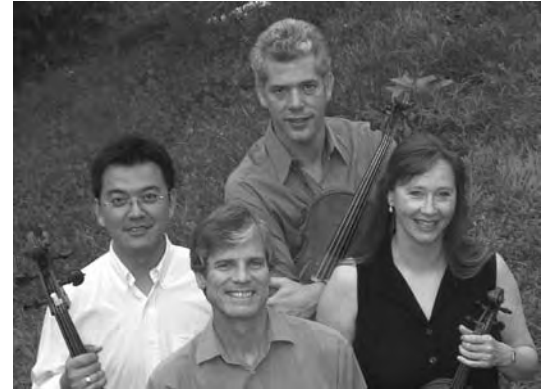
Getting Started in Fishing
219549 June 10 7:00pm
Margaret Schweinhaut Center

Getting Started in Horseback Riding
219551 June 17 7:00pm
Holiday Park Center

Getting Started in Kayaking
219552 July 2 7:00pm
Holiday Park Center

Comfortable Camping Options
219553 July 9 7:00pm
Holiday Park Center

Taking up Golf (2 sessions)
219557 August 12 & 19 5:30pm
Margaret Schweinhaut Center



Baltimore Symphony Orchestra Performs

Join us for these free performances by the BSO:

Long Branch Community Center
Wednesday, June 4 at 11:00am
Atlantic String Quartet

Holiday Park Center
Thursday June 30 at 1:15pm
Monument Piano Trio

Germantown Community Center
Monday, July 21, 2008 at 1:00pm
Oboe Trio La Milpa

East County Community Center
Friday July 25 at 11:00am
Oboe Trio La Milpa



Strathmore Presents Burt Bacharach on Sunday
June 8 at 7:00pm.

You can receive a 10% discount(pay only \$55.80 for promenade seating) by registering and paying for the performance at either the Holiday Park or Margaret Schweinhaut Senior Center. Checks must be made payable to Strathmore. Limited seats available.

Afternoon Tea at the Mansion at Strathmore

Wednesday June 18 at 1:00pm

The perfect intermission to your day. Tour the mansion and its wonderful exhibits. Listen to the soothing sounds of Jo Morrison on the Celtic harp while enjoying Strathmore's special blend tea and a light lunch by Restaurant Associates. The gift shop will also be open. Free parking is available on site.

Register and pay at either Holiday Park or Margaret Schweinhaut Senior Center for only \$18 (a discounted rate of 10%). Checks must be made payable to Strathmore.

THE GO (AGE 55+)

Age 55+ Fitness for Your Health

Active Adults 55+

Outdoor Activities for Active Adults 55 and Older

Explore some of the great natural resources and outdoor activities available in our area with experienced staff from Montgomery County Department of Recreation. With a small group of other active older adults take a new hike, try out a sea kayak or canoe or explore a wild cave. If you are ready for fun and challenging activities one of our trips could be for you. Transportation by County Van or meet us at the site.

Call 240-777-4925 or e-mail matt.rowe@montgomerycountymd.gov for more information.

Pre-registration required.

Intro to Recreational Kayaking \$35

219555 June 11 9:00am-3:00pm

Learn some basic skills and safety precautions then try out a rec kayak on a short trip with rec department staff.

Hike Gunpowder State Park \$10

219548 June 17 9:00am-4:00pm

Introduction to Sea Kayaking \$40

219554 July 15 9:00am-4:00pm

Two Day Introduction to White Water Kayaking \$80

219550 July 22 & July 24 9:00am-4:00pm each day



Day at the Bay \$25

219556 July 29 9:00am-4:00pm

Join us for a fun day at the Bay at Sandy Point State Park. Bring a lunch, hang out on the beach, fish, crab, play volleyball, try out a kayak or a wind surfer, or just relax.



55+ Clinics: Introduction to the Weight Room

Group instruction designed for active seniors. Learn weight room etiquette, use of cardiovascular equipment, weight machines and free weights to develop a challenging circuit training routine that you can continue on your own.

FREE but you must pre-register.

- **Germantown Community Center** Second Thursday of month, 5:00pm
213939- June 12 219764- July 10
- **Schweinhaut Senior Center** Thursday, 10:00am
213934- June 19 219758- July 17
- **Holiday Park Senior Center** Last Thursday of month, 10:30am
213936- June 26 219757- July 31

You also have access to an exercise and weight room at any community center that has a senior program, during their senior program hours at no cost. If you use the exercise rooms on other days and times at the community centers, you will have to purchase a regular season pass.



Visit a Center this Summer,

where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth. Each program is unique.

Centers

Damascus Senior Center * +
(M-F, 9:00am-4:00pm)
9701 Main Street, Damascus
240-777-6995

Gaithersburg Upcounty Senior Center * +
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * +
(M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton
240-777-4999

Long Branch Senior Center * +
(M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * +
(M-F, 8:30am-4:00pm, Sat, 9:30am-3:00pm)
1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Centers

If no phone number is listed, call the office at 240-777-4925.

Clara Barton (W 10:00am-2:00pm)
Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive + (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy * + (W, Th, 9:30am-2:00pm)
Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring

Clarksburg (W 10:00am-2:00pm)
Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield (W, Th, 10:00am-2:00pm)
Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County * +
(Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland* + (Th 10:00am-2:00pm)
Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown +
(M, Th, 10:00am-2:00pm)
Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Program
(Tu, W, F, 9:00am-4:00pm)
Germantown Community Center
301-601-1685

A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Leland (call for information)
Leland Community Center,
4301 Willow Lane, Chevy Chase
301-652-2249

Longwood + (M 10:00am-2:00pm)
Longwood Community Center,
19300 Georgia Avenue, Brookeville

Poolesville Area
Call 240-777-4925 for information on future programs.

Potomac + (Tu 10:00am-2:00pm)
Potomac Community Center,
11315 Falls Road, Potomac

Waverly House * (Th 10:00am-2:00pm)
Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available
+ Limited transportation available

The Maryland Senior Olympics

is coming to Montgomery County this Fall. In preparation of this event we will be holding clinics and classes.

See ad on page 4.

Special Activities and Events

Listed below is just a small sampling of what is offered at the various sites listed on page 80. Call 240-777-4925 or visit a location to obtain more information on Senior Center and Neighborhood Programs.



4th Picnic on the 3rd of July Thursday, July 3, 11:30am. Hot dogs off the grill and a hamburger, too. Entertainment by the Good Times Band follows. Lunch reservations necessary. Small fee.

Movie: *Little Miss Marker* Monday, July 28, 1:00pm. Enjoy a delightful Shirley Temple movie with your grandchild. Free.

Doug Cooke on the Piano Friday, August 8, 1:00pm. "This guy sounds just like Jerry Lee Lewis." Great music, great fun! Free.

Humor Us Tuesday, August 19, 10:30am. Affiliated Sante' Group sponsors this talk on finding laughter and fun in your life.

Long Branch Center

Eating Out with Your Heart in Mind Tuesday, June 10, 11:00am. Learn to evaluate menus and make choices. Adventist Healthcare speaker. Free.

A Day at the Races Friday, June 13, 10:30am. Enjoy a continental breakfast, entertainment and some special races for our Father's Day celebration. Reservations required. Fee.

Kids and Grands Thursday, June 26; July 3, 10, 24, 31, 11:00am. Summer camp for seniors: Join in the fun with storytelling, music, dance and laughter with children from our community. Free.

Fabulous Fourth Thursday, July 3, 12:00pm. It's time to fire up the grill and play outdoor games to celebrate the 4th of July. Reservations required. Fee.

Laser Eye Surgery Thursday, July 17, 11:00am. Understand the advantages and disadvantages of laser techniques. Speaker from Holy Cross Hospital. Free.

Positive Aging Thursday, August 14, 11:00am. What makes some people seem younger than their years? Discover the secret. Free.



Holiday Park Center

Tummy Troubles Wednesday, June 4, 1:15pm. Learn great tips to keep your stomach happier. Dr. Jose Quiros, Suburban Hospital. Free.

When is Too Old to Drive? Thursday, June 12, 1:15pm Dr. Carl A. Sodorstrom, Chief, Medical Advisory Board, Maryland MVA. Free.

Managing Your Arthritis Tuesday, July 8, 1:15pm. Learn about the various techniques for arthritis pain management and how to cope. Dr. Madaline Green, Suburban Hospital. Free.

Armchair Travel to Northern India Wednesday, July 16, 1:15pm. Tour guides Sandy and Gail Cohen, world travelers extraordinaire, will take us on one of their journeys. Free.

The Big Band Era Wednesdays, August 6, 13, & 20 at 1:15pm. The time when big bands were king. Sample the sounds of Glenn Miller, Harry James, and so many more. Presented by Irv Chamberlain, Music Aficionado. Free.

Art Talk Series with Art Historian Joan Hart

- Thursday, June 26, 1:15pm, **Frida Kahlo and Diego Rive** Learn more about the life, work and alliance between these artists. Free.
- Tuesday, July 15, 1:15pm, **Norman Rockwell** A look at the life and work of this 20th-Century American painter. Free.

Margaret Schweinhaut Center

Big Band Tradition Friday, May 16- 6:00-8:00pm Come listen or dance to a wonderful 20-piece big band. Refreshments served. Cost: \$5/person

Sun Safely Tuesday, June 10, 10:30am. Learn how to protect yourself from skin cancer. Sponsored by Holy Cross Speakers Bureau.

Annual Tea Party/Fashion Show Friday, June 20, 1:00pm. Have tea and fancy desserts then watch a fine and funny fashion show. (Small fee)

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6 Sundays 3:30pm, Mondays 9:30am, Tuesdays 1:30pm, Wednesdays 8:30pm, Thursdays 12:30pm, Fridays 7:30pm, or Saturdays 11:30am.

Damascus Center

Shuffleboard Monday, June 9, 1:00pm. A Maryland Senior Olympic Event Diane will test your skill in this fun and challenging game.

Annual "Beginning of Summer Picnic" Friday, June 13, noon. Chef Sue will cook Hamburgers and Hot Dogs. Cost is by donation to the nutrition program.

First Fruits Gospel Blue Grass Band Friday, June 13, 1:00pm will entertain.

Ice Cream Social Tuesday, June 17, 1:00pm. DSCSI sponsors this event at 1:00pm in the dining room. Free.

Montgomery County Senior Day Fair Tuesday, August 12.

Ice Cream Social Tuesday, August 19, 1:00pm. DSCSI sponsors this event again to get you through the dog days of August. Cost is free.

End of Summer Luau Friday, August 22, noon. Chef Sue will be cooking up an island feast. Dress in island attire(optional) and be entertained. *Hawaii Five O* here we come.



Special Day Trip

Bowie Baysox Baseball game, bingo and buffet lunch in Diamond View Restaurant, where you can also watch the game.

218449

Thursday, July 24

Fee \$31

Bus leaves Holiday Park at 9:45am, returns approximately 2:30pm. You must pre-register.

InfomONTGOMERY

Connecting People to Resources within Montgomery County, Maryland



Get Connected!

GO TO www.infomontgomery.org

Discover a unique directory
of up-to-date information on
community services for children, teens,
families, adults and seniors

*infoMONTGOMERY is a collaborative inter-agency effort managed by the
Montgomery County Collaboration Council for Children, Youth and Families, Inc.*

Welcome to the SOAR Program

SOAR is the Recreation Department's "Senior Outdoor Adventures in Recreation" program. Designed for active adults age 55 and over, each activity requires a substantial amount of walking and/or physical exertion. Participants should be in good physical condition and consult with their physician if they have any concerns before participating. All travel is by motorcoach unless otherwise noted. Interested individuals should call 240-777-4925 to have a SOAR brochure mailed to them as the registration and refund policies vary from those listed elsewhere in this publication.

Walking Tour of Ladew Topiary Gardens and Mansion in Harford County

Trip # 217098 Thursday June 26
See 22 acres of flower gardens, whose crowning glory is the topiary. Plus take a guided tour through the spectacular Ladew Mansion. Lunch included.
Fee: \$59 Leave 8:15 am, Return 4:15 pm

Please be aware that space limitations do not allow us to list all trips advertised in the Summer 2008 SOAR Program. For a complete listing, see our brochure.



Crab Feast Paddlewheel Riverboat Cruise around Baltimore Inner Harbor

Trip # 217099 Thursday, July 10
Enjoy a two and one half hour cruise and crab feast (included) on a buffet which includes hard shelled crabs, fried chicken, garden salad, dessert, non-alcoholic beverage and more.
Fee: \$80 Leave 1:45 pm, Return 7:00 pm



Boat Trip to Tangier Island on the Chesapeake Bay

Trip # 217100 Thursday, July 17
Cruise aboard the *Steven Thomas*. Enjoy a family style seafood lunch. Afterwards, take a guided stroll.
Fee: \$75 Leave 8:45 am, Return 8:15 pm

Visit the Fort McHenry National Park and the Inner Harbor in Baltimore

Trip # 217101 Thursday, July 24
Tour the battle site that inspired Francis Scott Key to write our national anthem. Afterward, enjoy lunch and sightseeing on own at the Baltimore Inner Harbor.
Fee: \$37 Leave 8:15 am, Return 3:30pm

Skipjack Boat Tour on Chesapeake Bay & St. Michaels

Trip # 217102 Thursday, July 31
Sail on a sloop-rigged skipjack which is used as an oyster dredger. Experience an oyster dredging demonstration and listen to the Captain discuss the Bay's ecology and the culture of the waterman. Lunch on own and sight-see in St. Michael's. Wear sneakers, or boat shoes (no slippery soled shoes).
Fee: \$56 Leave 7:30 am, Return 5:30 pm

Canoe Trip through the Jug Bay Wildlife Sanctuary



Trip # 217103 Wednesday, August 6
Trip # 217104 Thursday, August 7
Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River in Anne Arundel County. For experienced or less experienced canoeists. Bring a bag lunch.

Fee: \$30 Leave 8:15 am, Return 3:30 pm

Boat Tour of Chesapeake Bay Lighthouses

Trip # 217105 Wednesday, August 27
Trip # 217106 Thursday, August 28
Embark from Tilghman Island aboard a 36-foot former US Navy special operations vessel. Hear a narration of the storied history of the bay and its lighthouses. Lunch on own and sightsee in St. Michaels when not boating.
Fee: \$72 Leave 7:30 am, Return 5:30 pm



SOAR Baseball Games

Please keep an eye out for a flyer on baseball games offered through the SOAR program. We take two trips to Baltimore Orioles and two trips to Washington Nationals games each season.

Call 240-777-4925 to have a flyer with detailed information mailed to you.

Mini Trips/Short Day Excursions

These 4-6 hour trips are available for departure from your local senior center or neighborhood program. Busses for these trips accommodate 20-22 persons per bus. The transportation fee is \$7.00 payable to MCRD. This **does not** include lunch fees, entrance fees or any other additional fees associated with some of these trips. These additional fees are payable, by you, the day of the trip to the appropriate vendor. **Since our space is limited, we can't provide a detailed itinerary of each trip in this brochure. Prior to registering, call the senior program site (see page 80) or call our main office at 240-777-4925.** Our busses are wheelchair accessible, but we must know in advance if you require this accommodation, to ensure your space if the trip isn't already full.

COURSE #	DATE	DEPARTURE/RETURN LOCATION	DESTINATION
June			
218404	6/3/08	Potomac	US Navy Memorial & Navy Heritage Center
218423	6/4/08	Clarksburg	Baltimore Harbor
218441	6/6/08	Waverly	National Shrine of the Immaculate Conception
218403	6/9/08	Longwood	Annapolis Trolley Tour
218407	6/10/08	East County	Strathmore Center for the Arts Tour
218410	6/11/08	Clara Barton	William Paca House-Annapolis
218412	6/16/08	Bauer	Prime Outlets Hagerstown
218406	6/17/08	Schweinhaut	Riversdale Mansion
218414	6/18/08	Ross Boddy	Mountain Gate Restaurant Thurmont MD
218405	6/20/08	Holiday Park	National Museum of American Indian
218402	6/23/08	Germantown	National Zoo
218413	6/24/08	Long Branch	Linganore Winery & Mt. Airy
218409	6/25/08	Coffield	Savage Mill Shops
218408	6/27/08	Damascus	Belair Mansion, TV and Radio Museum Bowie
July			
218417	7/1/08	Potomac	Reginald F Lewis Museum –Baltimore
218436	7/2/08	Clarksburg	National Portrait Gallery
218443	7/7/08	Waverly	China Town Tony Chen's Mongolian Barbeque
218420	7/8/08	East County	Reginald F Lewis Museum- Baltimore
218427	7/9/08	Ross Boddy	Bridges of Frederick County
219424	7/11/08	Fairland	Maryland Zoo-Baltimore
218425	7/14/08	Bauer	Linganore Wine Cellars
218419	7/15/08	Schweinhaut	Library of Congress
218442	7/16/08	Clara Barton	Covered Bridges of Frederick
218418	7/18/08	Holiday Park	Kenilworth Aquatic Gardens
218416	7/21/08	Longwood	Bureau of Engraving and Printing
218426	7/22/08	Long Branch	National Cathedral
218422	7/23/08	Coffield	Brookside Gardens
218421	7/25/08	Damascus	Carrol County Farm Museum
218415	7/28/08	Germantown	National Museum of Women in the Arts
218447	7/29/08	East County	Brookside Gardens
August			
218438	8/1/08	Bauer	Baltimore Museum of Art
218430	8/5/08	Potomac	National Cathedral
218445	8/6/08	Clarksburg	Bureau of Engraving and Printing
218437	8/8/08	Fairland	Madame Toussand's Wax Museum
218429	8/11/08	Longwood	Shrine of the Immaculate Conception
218446	8/13/08	Clara Barton	Frederick Antique Shopping and Lunch
218428	8/18/08	Germantown	Golden Corral in Frederick
218432	8/19/08	Schweinhaut	Berry Wine Plantation/ Linganore Wine Cellar
218439	8/20/08	Ross Boddy	Old Country Buffet and Bingo
218440	8/22/08	Long Branch	Baltimore Museum of Art
218431	8/26/08	Holiday Park	Baltimore Harbor
218435	8/27/08	Coffield	Riversdale Mansion
218434	8/29/08	Damascus	NASSA Goddard Space Flight Center





MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity****About the Gilchrist Center for Cultural Diversity**

The Charles W. Gilchrist Center for Cultural Diversity is committed to fostering multicultural understanding among residents and creating an inclusive society in Montgomery County. The Center offers a variety of programs in our Wheaton and Germantown offices to support residents and to celebrate the diversity of our community. These programs and services include acculturation programs and services for newcomers; information and referral to County and other community services, and programs that highlight the County's diversity, its cultural wealth, and uniqueness.

The Gilchrist Center provides the following programs and services:

Programs for New Americans

English as a Second Language (ESOL): Attend classes for Beginning, Intermediate & Advanced levels taught on weekdays and Saturdays by Montgomery College, the African Immigrant & Refugee Foundation or Gilchrist Center Volunteers. Free.

Clases de inglés para niveles básico, intermedio y avanzado. ¡Gratis!

English Conversation: Attend classes for advanced beginner and intermediate levels offered weekdays and Saturdays on an ongoing basis. Drop-ins welcomed. Free.

Citizenship Preparation Programs: Classes and tutoring for persons preparing for U.S. citizenship offered in Wheaton and Germantown. Free.

Pro Bono (Free) Legal Clinic: The Montgomery County Bar Foundation offers legal consultations on a first-come, first-served basis in Wheaton and Germantown. Free.

Consejos legales por orden de llegada. ¡Gratis!

Small Business Development Programs

Small Business Development Programs: Receive technical assistance, micro-loans, and training sessions offered by LEDC.

For more information about Gilchrist Center programs, schedules and registration, please call 240-777-4940 in Wheaton or 240-777-6940 in Germantown.

Cultural/Educational Programs

¡Hablemos! Attend the ongoing Spanish Conversation Club. Drop-ins welcomed. Free.

Spanish Fun for Everyone: Learn basic vocabulary and conversational Spanish skills. Registration fee required.

Spanish Literacy for Spanish Speakers/Taller de Lectura:
Aprenda a leer y escribir español. ¡Gratis!

Basic Computers: Classes for beginners taught in English, Spanish and French. Registration fee required.

Clases de computación básica en español.

Classe d'informatique elementaire en Français.

"GO" Club: The Arthur Lewis Go Club invites you to learn this ancient strategy game! Ongoing. Drop-ins welcomed. Free.

Volunteer Opportunities

The following volunteer positions are available:

- Information & Referral Assistant
- ESOL Instructor/Instructor Aide
- Basic Computer Instructor/Instructor Aide (English/Spanish/French)
- Spanish Instructor (Language/Culture/Literacy)
- Event Helper

We provide SSL hours!

**Wheaton Location:**

11319 Elkin Street, Wheaton, MD 20902

Monday: 9:00am–5:00pm

Tuesday, Wednesday & Thursday: 9:00am–9:00pm

Friday: 9:00am–1:00pm

Saturday: 9:00am–3:00pm

Telephone: 240-777-4940

Upcounty Location:

12900 Middlebrook Road, Germantown, MD 20874

Telephone: 240-777-6940

THERAPEUTIC RECREATION

Mission Statement

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

National Therapeutic Recreation Week: July 6-12, 2008

Join us for our "Blue Crab Boogie" (see below) as part of our celebration of National Therapeutic Recreation Week.



Special Events

For teens and adults, ages 15 and up, with disabilities. Transportation must be arranged prior to event, with pick-up at end of program. Bring ID and your Access Card for check in.

Please pre-register.

Blue Crab Boogie

Celebrate Maryland and National Therapeutic Recreation Week with a "Boogie-Woogie" fun dance. Wear your colorful summer favorites. DJ and light refreshments included.

Cost: \$5.00

219114 Holiday Park SrC 7/12 Sa 7:00pm-10:00pm

Backyard BBQ

There's nothing better than a backyard BBQ. Join us for grilled hot dogs and hamburgers, games and music to celebrate the end of summer. Bring your yard chair and sunscreen!

Cost: \$10

219115 Holiday Park SrC 8/2 Sa 4:00pm-7:00pm

19th Anniversary Children's Day

VIP Program at the Fair: August 11, 2008

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg.

The Children's Day at the Fair Committee is asking for help in identifying children who would benefit from this program. In order to be selected as a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and fourteen years old and must have a severe disability or life-threatening illness.

The family must also be able to attend the Fair on Monday, August 11 as honored guests. If you know of a child or children (who have not previously been a VIP) and you feel would benefit from this very special program, please call 240-777-4925 for an application form.

Fun, Rhythm & Roll-Just for Kids!

Ages 7-12: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk and fun dances. Designed especially for children with developmental disabilities and their peers. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to indicate basic wants and needs and follow one- and two-step instructions.

6 Forty five minute sessions **\$45**
219113 Holiday Park SrC 7/12 Sa 9:00am

Karate for Individuals with Disabilities

Ages 6&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching and calisthenics as an introduction to physical fitness. New students attend 9:00 class.

7 Forty-five minute sessions **\$63**
218706 Holiday Park SrC 5/31 Sa 9:00am
218708 Holiday Park SrC 5/31 Sa 10:00am

Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 10 participants.

6 One hour sessions **\$26**
218713 Wheaton CC 6/23 M 7:00pm
218714 Potomac CC 6/24 Tu 7:00pm
218715 Damascus CC 6/26 Th 7:00pm
218710 Bauer Drive CC 6/26 Th 7:00pm
218711 Bauer Drive CC 6/26 Th 8:00pm

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested **at least** 3 weeks prior to the start of the program. Please call 240-777-4925, TTY 240-777-6974, to schedule an intake for accommodations needed. Email: mainstream@montgomery-countymd.gov.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and not guaranteed.

PROGRAMS

Fun, Rhythm & Roll

Ages 15&Up, with disabilities: Enjoy moving to a world of rhythms. Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances. Designed especially for teens and adults with developmental disabilities. Movements are also adapted for people who use wheelchairs or other mobility devices. Wheelchair users must be able to move their own chairs. Participants should be able to indicate basic wants and needs and follow two-step instructions.

6 Forty-five minute sessions **\$45**
219112 Holiday Park SrC 7/12 Sa 10:00am

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 7 participants. No personal care provided.

8 One hour and thirty minute sessions **\$35**
218708 ML King AqC 6/17 Tu 8:30pm
218709 Montgomery AqC 6/19 Th 8:30pm
218710 Germantown Indoor Pool 6/18 W 8:30pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 One hour sessions **\$35**
218711 Holiday Park SrC 6/19 Th 3:30pm

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 One hour sessions **\$35**
218712 Germantown CC 6/15 Sun 1:00pm

Therapeutic Recreation Water Aerobics-Fall 2008

A class for high school and middle school special education students during the school day. Classes are held at the County's Indoor Pools, most lasting between 7 and 9 weeks with an average fee of \$48 per participant. Contact your child's school if you are interested, or call our office at 240-777-4925.

Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision making, as well as just having fun with other members. Once you register for a club, a Calendar of Events that include outings to restaurants, Toby's Dinner Theatre, and sporting events, will be mailed to you! Club members should have basic money management skills and be able to participate in the staff ratio of each club. Activities and membership starts in October.

Active Adults Club Adults, ages 21 and older, with developmental disabilities. 1 staff to 5 participants. Events require members to actively participate in community trips and group activities.

Weekenders Club Adults, ages 21 and older, with learning disabilities. 1 staff to 6 participants. This club serves independent members in group activities that are socially exciting in the community.

Socializers Club Adults, ages 21 and older, with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants.

Employment

Interested in something different? Have experience working with individuals with disabilities or work with children in a school setting? Send in a resume or call a Recreation Specialist for information at 240-777-4925.

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number. You can also send us your email address to receive information.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive,
Wheaton, MD 20906

Volunteers Needed

Support an individual with a disability in a mainstream recreation program.
Provide assistance in a Therapeutic Recreation program.
Student volunteers are eligible for SSL hours.
Training provided.

**Call the Volunteer Coordinator at
240-777-4925**

THE COMMUNITY CORNER

The 18 community and neighborhood recreation centers in Montgomery County provide a full range of recreational opportunities for all ages. Take advantage of recreation programs and services located "just around the corner" in your community.

Spotlight on the...

Fairland Community Recreation Center
14906 Old Columbia Pike, Burtonsville, Md. 20866
240-777-4970

Opened in 2002, the Fairland Community Recreation Center continues to be one of the county's most popular. Located in the diverse East Region of Montgomery County, Fairland primarily serves the upper Silver Spring and Burtonsville areas. The center's Citizen Advisory Committee is very proactive and provides input and support to provide many classes, programs and special events that are tailored to meet the community's needs and interests.



When you visit the center you will find a variety of special-interest programs and activities for everyone, including:

- **A morning Tiny Tots program for ages 4-and-under**
- **A year-round seniors program for those aged 60-and-above;**
- **An afterschool program for middle and elementary school-aged youth**
- **Open gym time in the afternoon for youth;**
- **Club Fridays;**

A variety of evening open gym activities such as badminton, volleyball table tennis and men's and women's basketball.

As many participants already know, you can always find something happening at the Fairland Community Center, so stop by soon, meet the staff and try out one of the many programs offered.

Get to Know Our Staff



**Carol Brown, Director
Fairland Community Center**

I have been the director of the Fairland Community Recreation Center since it opened, but I've also been a director at the Wheaton, Good Hope and Scotland recreation centers since coming to work for the Montgomery County Recreation Department in 1982. Prior to coming to the Recreation Department, I taught middle school, which helped prepare me to lead, develop programs and work with families in the community.

I really enjoy the community of patrons that attend this center and especially enjoy working out with the seniors program in the exercise and weight room. Some of my personal interests include travel and reading, but there never seems to be enough time when it comes to traveling.

Did You Know?

When school is closed for the summer our community centers are programmed for youth with either Recreation Department day camps or summer fun centers. But adults, families and youth can still stop by in the evenings to use each center's amenities. Most community centers offer evening open gyms, have weight and

exercise rooms, provide games or game rooms.

Ten community centers are equipped with computer labs. With all these activities to choose from, you should stop by and check out your nearest community recreation center this summer!



For Cultural Arts, Crafts and Cooking, Ross Boddy Is County's Best-Kept Secret

Winding along Brooke Road in Sandy Spring, passing horse pastures and rolling farm land, venerable Ross Boddy Community Center suddenly appears from a peaceful backdrop of trees, offering a glimpse of county life more half a century ago.

Rich in local history and culture, the center was created in the 1950s as Montgomery County's first Black Community Action School. Over time, the center, named after the school's first principal, Ross Boddy, has served as a senior center, community meeting place and today is the only County-operated facility dedicated to cultural arts.

"It's the best-kept secret in Montgomery County—nobody knows about it," says Wilbert Givens, recreation specialist at Ross Boddy. "It's an old school building but it's beautiful inside. I've had people from Olney, which is just down the road, say they've never been here. They are surprised."

The center underwent renovation in 2000 to create a photography darkroom, teaching kitchen, wood workshop and pottery, sculpture and ceramics lab. A conference room and exercise room have been added. But it's the arts and cooking classes that drive residents to Ross Boddy for some of MCRD's most popular instructors.

Pamela Reid's pottery classes are offered at several locations around the county, but she has more sessions and capabilities at Ross Boddy. There, students learn the techniques of functional and decorative pottery,



including hand-building, wheel-throwing, decorating and glazing. The site also has two ovens for pottery and ceramics.

Ann Ruppert's Stone Sculpture classes are also a hit. Students learn to hammer, chisel, sand and finish. Look for sculpture classes in the 2008 Fall Guide.

Likewise, Fran Asbeck's Stained Glass classes have a popular audience as she guides students step-by-step through projects of increasing difficulty. Learn glass-cutting, soldering, the use of glass-working tools, techniques and terminology. And this summer look for Fran's popular Stained Glass Open Studio, where students can bring a problem or unfinished project, or come with a new project in mind, and work under her guidance in the fully equipped studio.

And, of course, there are James Davis's cooking classes, one of the most popular activities offered by MCRD.

By far his most exciting classes are those with a regional or seasonal specialty, such as international foods with wines, grilling, or different dishes for chicken, seafood or beef. In each of his cooking classes the students prepare a meal and then enjoy the delicacy of their labor. There are 20 cooking classes offered this summer.

There's plenty of fun things happening at Ross Boddy, even if the center's location is a little off the path. "It's a small community center and you think you're going back in time driving here," Givens says. "But people come from the whole county to this location. Some even come from out of the county. Like I said: I tell people it's the best-kept secret in the county."



We Rent for **Your Event**

Celebrate that special occasion in one of our Community Recreation Centers



Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.



Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 91.

Take a Virtual Tour of our centers from home: online at www.montgomerycountymd.gov/rec under Locations.

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase 240-777-6900
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County 240-777-4980
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring 240-777-4910
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown



Come out and play. Our centers offer Open Gym activities that include basketball, volleyball, and badminton.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs can also be rented. Call for specific hours and availability.

Clara Barton Community Center 7425 MacArthur Boulevard, Cabin John	301-229-0010
Bauer Drive Community Center 14625 Bauer Drive, Rockville	301-468-4015
Ross J. Boddy Community Center 18529 Brooke Road, Sandy Spring	240-777-8050
Gwendolyn E. Coffield Community Center 2450 Lyttonsville Road, Silver Spring	240-777-4900
Damascus Community Center 25520 Oak Drive, Damascus	240-777-6930
East County Community Center 3310 Gateshead Manor Way, Silver Spring	301-572-7004
Fairland Community Recreation Center 14906 Old Columbia Pike, Burtonsville	240-777-4970
Germantown Community Center 18905 Kingsview Road, Germantown	301-601-1680
Charles W. Gilchrist Center for Cultural Diversity 11319 Elkin Street, Wheaton	240-777-4940
Good Hope Community Center 14715 Good Hope Road, Silver Spring	240-777-8055
Leland Community Center 4301 Willow Lane, Chevy Chase	301-652-2249
Long Branch Community Center 8700 Piney Branch Road, Silver Spring	301-431-5702
Longwood Community Center 19300 Georgia Avenue, Brookeville	240-777-6920
Plum Gar Community Center 19561 Scenery Drive, Germantown	301-601-0966
Potomac Community Center 11315 Falls Road, Potomac	240-777-6960
Scotland Community Center 7700 Scotland Drive, Potomac	301-983-4455
Upper County Community Center 8201 Emory Grove Road, Gaithersburg	301-840-2469
Wheaton Community Center 11711 Georgia Avenue, Wheaton	301-929-5500

Aquatic Centers: See pages 6 & 7.
Senior Centers: See page 80.
Other Locations: See page 100.



Montgomery County Golf



Falls Road Golf Course – Golf Program

Call Falls Road Golf Course to register for programs at this facility at (301) 299-5156 extension 6 beginning February 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com. The 2008 Falls Road Junior Clinics are being **sponsored by Chick-fil-A of Montgomery Mall**.

Falls Road Junior Golf Camps (Ages 8-12)

This is Falls Road Golf Course's eighth annual junior summer program. Each camp will run from Monday through Friday. Monday through Thursday will consist of two hours each day on the driving range and practice green devoted to building basic fundamentals of golf. The Friday session will be on the golf course playing a few holes. The cost is \$300.00 per week per junior.

Session #			
1	Monday-Thursday	8:00 – 10:00 a.m.	June 16, 17, 18, and 19
	Friday	7:30 – 10:00 a.m.	June 20
2	Monday-Thursday	8:00 – 10:00 a.m.	June 23, 24, 25, and 26
	Friday	7:30 – 10:00 a.m.	June 27
3	Monday-Thursday	8:00 – 10:00 a.m.	July 7, 8, 9, and 10
	Friday	7:30 – 10:00 a.m.	July 11
4	Monday-Thursday	8:00 – 10:00 a.m.	July 14, 15, 16, and 17
	Friday	7:30 – 10:00 a.m.	July 18
5	Monday-Thursday	8:00 – 10:00 a.m.	July 21, 22, 23, and 24
	Friday	7:30 – 10:00 a.m.	July 25
6	Monday-Thursday	8:00 – 10:00 a.m.	July 28, 29, 30, and 31
	Friday	7:30 – 10:00 a.m.	August 1
7	Monday-Thursday	8:00 – 10:00 a.m.	August 4, 5, 6, and 7
	Friday	7:30 – 10:00 a.m.	August 8
8	Monday-Thursday	8:00 – 10:00 a.m.	August 11, 12, 13, and 14
	Friday	7:30 – 10:00 a.m.	August 15
9	Monday-Thursday	8:00 – 10:00 a.m.	August 18, 19, 20, and 21
	Friday	7:30 – 10:00 a.m.	August 22

Falls Road Junior Players Camp

The Falls Road Junior Players Camp was designed for junior golfers hoping to make their High School golf team. The cost is \$375.00 per junior.

Session #			
10	Wednesday-Friday	7:00 – 11:00 a.m.	August 6, 7, and 8



Falls Road Adult Group Lessons

The Falls Road Golf Course Adult Group Lessons are customized by skill level. We are offering beginner, intermediate, and advanced levels. If you are unsure of which level to register for, please ask one of our PGA Golf Teaching staff. The cost for each session is \$175.00 per person. Class size is 5-8 students per instructor.

Falls Road Adult Group Lessons – Beginner Level

These lessons are designed for people to learn to play golf (or to play better golf). Classes will stress the fundamentals of golf. These fundamentals don't change as you advance in your skills; the language and practice will become a bit more specialized as you go. Each session will cover full swing, short shots around the green, putting, and static fundamentals (grip, aim, and set-up). These classes are also a great way to meet other new golfers or golfers coming back to the game!

Session #			
14	Thursdays	7:15 – 8:15 p.m.	June 5, 12, 19, and 26
15	Saturdays	10:00 – 11:00 a.m.	June 7, 14, 21, and 28
16	Tuesdays	7:00 – 8:00 p.m.	June 24, July 1, 8, and 15
17	Thursdays	7:00 – 8:00 p.m.	July 10, 17, 24, and 31

Falls Road Adult Group Lessons – Intermediate Level

These lessons are designed for people to learn to play better golf. Classes will stress the fundamentals of golf, with greater detail. These fundamentals don't change as you advance in your skills; the language and practice will become a bit more specialized as you go. Each session will cover full swing, short shots around the green, putting, and static fundamentals (grip, aim, and set-up). These classes are also a great way to meet other new golfers or golfers coming back to the game!

Session #			
32	Tuesdays	7:15 – 8:15 p.m.	May 20, 27, June 3, and 10

Falls Road Adult Group Lessons – Advanced Level

These lessons are designed for people to continue to improve their golf game. Classes will stress the fundamentals of golf, as well as on course strategy. As you will see these fundamentals don't change as you advance in your skills; the language and practice will become a bit more specialized as you go. Each session will cover full swing, short shots around the green, putting, and static fundamentals (grip, aim, and set-up). These classes are also a great way to meet other new golfers or golfers coming back to the game!

Class #	<u>Advanced Sessions:</u>		
35	Saturdays	11:30 – 12:30 p.m.	June 7, 14, 21, and 28
36	Thursdays	6:30 – 7:30 p.m.	August 7, 14, 21, and 28



Hampshire Greens Golf Course – Golf Programs

Call Hampshire Greens Golf Course to register for programs at this facility at (301) 476-7999 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Hampshire Greens Junior Golf Camps (Ages 6-11)

This program is for the young person who is encountering golf for the first time or looking to improve on some basics he or she may have already learned. All elements of the game will be taught in a relaxed, fun-filled environment, which will be pressure free. We will spend our time on the practice green and the driving range, and each session will include drinks and snacks. Our junior golf program runs from 1:00 – 2:30 p.m. Tuesday, Wednesday, and Thursday. The cost for this program is \$150.00 per golfer, per 3-day session.

Tuesday-Thursday	1:00 – 2:30 p.m.	June 17, 18, and 19
Tuesday-Thursday	1:00 – 2:30 p.m.	June 24, 25, and 26
Tuesday-Thursday	1:00 – 2:30 p.m.	July 8, 9, and 10
Tuesday-Thursday	1:00 – 2:30 p.m.	July 15, 16, and 17
Tuesday-Thursday	1:00 – 2:30 p.m.	July 22, 23, and 24
Tuesday-Thursday	1:00 – 2:30 p.m.	August 5, 6, and 7
Tuesday-Thursday	1:00 – 2:30 p.m.	August 12, 13, and 14
Tuesday-Thursday	1:00 – 2:30 p.m.	August 19, 20, and 21

Hampshire Greens Junior Intensive Golf Camps (Ages 12-17)

This camp is intended for the avid golfer who plays on a regular basis, is able to walk at least 9 holes carrying his/her bag, and who is trying to improve his/her game for the high school team or club team. Video analysis, course management, and daily play for prizes will help prepare these serious-minded golfers for their future endeavors. Our junior intensive program runs from 8:00 a.m. to 12:30 p.m. Monday through Friday, and includes lunch and drinks. Cost is \$300.00 per golfer per session.

Monday-Friday	8:00 a.m. – 12:30 p.m.	June 9, 10, 11, 12, and 13
Monday-Friday	8:00 a.m. – 12:30 p.m.	June 16, 17, 18, 19, and 20
Monday-Friday	8:00 a.m. – 12:30 p.m.	June 23, 24, 25, 26, and 27
Monday-Friday	8:00 a.m. – 12:30 p.m.	July 7, 8, 9, 10, and 11
Monday-Friday	8:00 a.m. – 12:30 p.m.	July 14, 15, 16, 17, and 18
Monday-Friday	8:00 a.m. – 12:30 p.m.	July 21, 22, 23, 24, and 25
Monday-Friday	8:00 a.m. – 12:30 p.m.	August 4, 5, 6, 7, and 8
Monday-Friday	8:00 a.m. – 12:30 p.m.	August 11, 12, 13, 14, and 15
Monday-Friday	8:00 a.m. – 12:30 p.m.	August 18, 19, 20, 21, and 22
Monday-Friday	8:00 a.m. – 12:30 p.m.	August 25, 26, 27, 28, and 29

Hampshire Greens Adult Evening Clinics for Beginners

These four-week programs run throughout the season. They are designed to introduce golf to new students in a fun, pressure-free setting. All of the basics of golf will be taught from putting to driving. Clubs will be provided for those who have not yet purchased them. This class starts the first Tuesday of every month (except in July) and goes for four consecutive weeks. Class is from 6:00 – 7:15 p.m. Cost is \$130.00 per golfer per session.

Tuesdays	6:00 – 7:15 p.m.	June 3, 10, 17, and 24
Tuesdays	6:00 – 7:15 p.m.	July 8, 15, 22, and 29
Tuesdays	6:00 – 7:15 p.m.	August 5, 12, 19, and 26

Hampshire Greens Adult Advanced Clinics

This class is geared to the student who has already taken the Tuesday night beginner clinic or who has played golf for some time and wishes to improve his game. We will use video analysis of each golfer's swing to improve understanding and performance. This class will be limited to 6 students. This class will meet from 6:00 to 7:30 p.m. for four consecutive Wednesdays each month. Cost for this clinic is \$150.00 per student.

Wednesdays	6:00 – 7:30 p.m.	June 4, 11, 18, and 25
Wednesdays	6:00 – 7:30 p.m.	July 9, 16, 23, and 30
Wednesdays	6:00 – 7:30 p.m.	August 6, 13, 20, and 27

Laytonsville Golf Course – Golf Programs

Call Laytonsville Golf Course to register for programs at this facility at (301) 948-5288 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Laytonsville Golf Course 2008 One-Week Junior Golf Camps (Ages 6-17)

Our one-week junior camps will cover introduction to golf, safety, and etiquette, grip, stance, and set-up on day one, followed by full swing on day two. We will provide instruction on pitching, chipping, and putting along with a course walk on day three. Practice will be held on the par-three course on the driving range on day four, and an on-course tournament will be held on day five. The cost is \$170.00 per junior per camp.

Laytonsville Junior Camps

Monday-Friday	8:00 – 10:00 a.m.	June 16, 17, 18, 19, and 20
Monday-Friday	8:00 – 10:00 a.m.	July 7, 8, 9, 10, and 11
Monday-Friday	8:00 – 10:00 a.m.	July 14, 15, 16, 17, and 18
Monday-Friday	8:00 – 10:00 a.m.	July 21, 22, 23, 24, and 25
Monday-Friday	8:00 – 10:00 a.m.	July 28, 29, 30, 31, and August 1
Monday-Friday	8:00 – 10:00 a.m.	August 4, 5, 6, 7, and 8
Monday-Friday	8:00 – 10:00 a.m.	August 11, 12, 13, 14, and 15

Laytonsville Full Swing Clinics*

Work on your swing with our PGA Professional teaching staff at the driving range with your Irons and Woods. Maximum 10 participants in each 1-1/2 hour session. The cost is \$25.00 per person.

Saturday	1:00 – 2:30 p.m.	June 7
Saturday	1:00 – 2:30 p.m.	July 5
Saturday	1:00 – 2:30 p.m.	August 2

Laytonsville Short Game Clinics*

Work on your short game with our PGA Professional teaching staff at the driving range <50 yards and on the chipping green. Maximum 10 participants in each 1-1/2 hour session. The cost is \$25.00 per person.

Saturday	1:00 – 2:30 p.m.	June 14
Saturday	1:00 – 2:30 p.m.	July 12
Saturday	1:00 – 2:30 p.m.	August 9

Laytonsville Ladies Clinics*

Work on your swing with our PGA Professional teaching staff at the driving range with your Irons and Woods.

Tuesday	3:00 – 4:00 p.m.	June 17
Tuesday	3:00 – 4:00 p.m.	July 15
Tuesday	3:00 – 4:00 p.m.	August 19

Father/Son Clinic (open to any father/male guardian and his son)

The cost is \$40.00 per couple, maximum 5 couples, unless otherwise specified.

Saturday	3:00 – 4:00 p.m.	June 7
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Mother/Daughter Clinic (open to any mother/female guardian and her daughter)

The cost is \$40.00 per couple, maximum 5 couples, unless otherwise specified.

Saturday	3:00 – 4:00 p.m.	August 9
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Laytonsville Course Management Clinics

This is a demonstration clinic, be prepared to take notes. The cost is \$25.00 per participant. Open to all interested.

Tuesday	6:00 – 7:00 p.m.	July 8
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Laytonsville FREE “Grow the Game” Clinic

This FREE clinic is geared toward people interested in the game of golf. Maximum 20 participants, so please register soon.

Saturday	1:00 – 2:30 p.m.	June 21
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Little Bennett Golf Course — Golf Programs

Call Little Bennett Golf Course to register for programs at this facility at (301) 253-1515 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Little Bennett Golf Course One-Week Junior Golf Camps

We are offering two kinds of junior golf camps at Little Bennett Golf Course. The first is a one-week Instruction Only Program for two hours a day. Cost of the Instruction Only camp is \$135 per junior per week-long session. The second is an Expanded Program for four hours daily, which includes instruction, 9-holes of golf, and lunch provided daily, and prizes awarded at the end of the week. Cost of the Expanded Program is \$300 per junior per week-long session.

Little Bennett Instruction Only Junior Camps: (Ages 6-17)

Monday – Friday	8:00 – 10:00 a.m.	June 23, 24, 25, 26, and 27
Monday – Friday	2:00 – 4:00 p.m.	June 23, 24, 25, 26, and 27
Monday – Friday	8:00 – 10:00 a.m.	July 21, 22, 23, 24, and 25
Monday – Friday	2:00 – 4:00 p.m.	July 21, 22, 23, 24, and 25

Little Bennett Expanded Program Junior Camps: (Ages 10-17)

Experience on the golf course is required.

Monday – Friday	9:00 – 1:00 a.m.	July 7, 8, 9, 10, and 11
Monday – Friday	9:00 – 1:00 a.m.	July 14, 15, 16, 17, and 18
Monday – Friday	9:00 – 1:00 a.m.	July 28, 29, 30, 31, and August 1

Needwood Golf Course – Golf Programs

Call Needwood Golf Course to register for programs at this facility at (301) 948-1075 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Needwood Junior Golf Camps (Ages 10-15)

The junior golf camps at Needwood Golf Course will be taking a new direction this year. We will make strong efforts to expose new players to the game. We will be teaching full spectrum of the game including short game; full swing; rules and etiquette; as well as respect for self, golf course, and others. These camps will be a true learning experience set in a safe, fun environment. Students will spend time at the range, the putting green and on the golf course. These camps will be limited to 16 students. You may sign up starting March 1 with a credit card over the phone or stop by the golf shop. Sessions will be held Tuesday – Friday from 8:00 to 11:00 a.m. The cost is \$225.00 per golfer.

Tuesday-Friday	8:00 – 11:00 a.m.	June 24, 25, 26, and 27
Tuesday-Friday	8:00 – 11:00 a.m.	July 8, 9, 10, and 11
Tuesday-Friday	8:00 – 11:00 a.m.	July 22, 23, 24, and 25
Tuesday-Friday	8:00 – 11:00 a.m.	August 5, 6, 7, and 8

Needwood Junior Playing Camp

This camp is designed for juniors who are able to play 9 holes and carry their bag. This camp is more advanced than the regular junior camp and will focus on instruction and playing. A minimum of 9 holes will be played each day. Lunch will be provided in this camp. Playing golf for 4 days in a row would be the highlight of any youngster's summer. Registration is limited to 20 students. The cost is \$325.00 per golfer.

Tuesday-Friday	8:00 a.m. – 12:00 p.m.	August 12, 13, 14, and 15
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Needwood Ladies Adult Clinic Series

Ladies only, 1-hour session series over a 4-week period. The cost is \$150.00 per golfer.

Saturdays	10:30 – 11:30 a.m.	June 7, 14, 21, and 28
Saturdays	10:30 – 11:30 a.m.	July 5, 19, 26, and August 2
Saturdays*	7:45 – 8:45 a.m.	August 9, 16, 23, and 30

*This class will be an option for ladies that have taken one of the four ladies clinics earlier in the season. This class will involve playing on the last day of class.

Needwood Adult Clinics

One-hour session series over a 4-week period. The cost is \$150.00 per golfer. Adult evening clinics will be provided on Tuesdays, Wednesdays, and Thursday throughout the summer. The professional staff has set a schedule that will allow this clinic to fit into anyone's busy schedule. This class will provide instruction on putting, chipping, and the full swing. This class is set up for beginners and intermediates to learn the game in a relaxed and enjoyable setting.

Adult Evening Clinics will start at 6:00 for classes where the first session is in April. All other classes will begin at 6:30 throughout the summer. Saturday classes will begin at 9:00 for all sessions.

Tuesdays	6:30 – 7:30 p.m.	May 20, 27, June 3 and 10
Tuesdays	6:30 – 7:30 p.m.	June 24, July 1, 8, and 15
Tuesdays	6:30 – 7:30 p.m.	July 29, August 5, 12, and 19
Tuesdays	6:30 – 7:30 p.m.	September 2, 9, 16, and 23
Wednesdays	6:30 – 7:30 p.m.	May 14, 21, 28, and June 4
Wednesdays	6:30 – 7:30 p.m.	June 18, 25, July 2 and 9
Wednesdays	6:30 – 7:30 p.m.	July 23, 30, August 6 and 13
Wednesdays	6:30 – 7:30 p.m.	August 27, September 3, 10, and 17
Wednesdays	6:30 – 7:30 p.m.	October 8, 15, 22, and 29
Thursdays	6:30 – 7:30 p.m.	June 5, 12, 19, and 26
Thursdays	6:30 – 7:30 p.m.	July 10, 17, 24, and 31
Saturdays	9:00 – 10:00 a.m.	May 17, 24, 31, and June 7
Saturdays	9:00 – 10:00 a.m.	June 21, 28, July 5 and 12
Saturdays	9:00 – 10:00 a.m.	July 26, August 2, 9, and 16
Saturdays	9:00 – 10:00 a.m.	August 30, September 6, 13, and 20

Needwood Fun Night & Happy Hour

The night of fun is designed for golfers to have FUN! The fun night will include a 30-minute instructional period, a scramble format golf tournament, prizes, appetizers, and a draft beer happy hour. This class is designed to focus on golf and other activities to allow everyone to compete. Beginner, intermediate and so-called experienced players may attend. Prizes and contests may or may not be focused weekly on your golfing skills, but will require you to figure out ways to make your team come out on top. There will be a free golf tournament for all participants that are involved with at least five of the weeks. Come join the Needwood gang for some laughs, golf, and fun!

Friday	Beginning at 6:00 p.m.	June 6 and 20
Friday	Beginning at 6:00 p.m.	July 18
Friday	Beginning at 6:00 p.m.	August 1 and 15



Northwest Golf Course – Golf Program

Call Northwest Golf Course to register for programs at this facility at (301) 598-6100 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Our “Learn and Play Clinics” are for adults and juniors of all skill levels – “We look forward to making you a better golfer” Our PGA Golf Instructors are TR Snoots, PGA Head Professional, Gary Kelley, PGA Assistant Golf Professional, and Kent Keith, PGA Teaching Professional.

Northwest Golf Course Junior Golf Camps

Our five-day camps begin with education on the essential basics including safety, etiquette, grip, stance, and the **fundamentals of the golf swing**. Camps are held Monday through Friday from 8:00 – 11:00 a.m. Northwest Golf Course junior golf camps are for kids aged 8 to 12. The cost is \$200.00 per junior per week.

Day one:	Range practice using short irons	
Day two:	Range practice using long irons and woods	
Day three:	Range practice chipping, pitching and putting	
Day four:	On-course orientation focusing on safety and etiquette	
Day five:	On-course play and awards ceremony. Parents are invited.	
Monday - Friday	8:00 – 11:00 a.m.	June 23, 24, 25, 26, and 27
Monday - Friday	8:00 – 11:00 a.m.	July 7, 8, 9, 10, and 11
Monday - Friday	8:00 – 11:00 a.m.	July 14, 15, 16, 17, and 18
Monday - Friday	8:00 – 11:00 a.m.	July 21, 22, 23, 24, and 25
Monday - Friday	8:00 – 11:00 a.m.	August 4, 5, 6, 7, and 8
Monday - Friday	8:00 – 11:00 a.m.	August 11, 12, 13, 14, and 15

Northwest Golf Course Ladies’ Beginner Adult Golf Clinics

Beginner clinics are the absolute best way to get a friend started in golf or to pick up some new pointers for your game. We will focus on the basics of golf, including getting started with the golf clubs, how to practice, the fundamentals of the golf swing, and ending with a walk through the clubhouse, on-course orientation, and a few tips on etiquette. Equipment required: golf clubs (if you have them) and dress to the weather. Maximum class size is 8 to 10. Ladies only for these clinics. The cost is \$140.00 per person per clinic.

Mondays	6:00 – 7:30 p.m.	June 2, 9, and 16
Saturdays	10:00 – 11:30 a.m.	June 14, 21, and 28
Saturdays	10:00 – 11:30 a.m.	August 2, 9, and 16
Saturdays	10:00 – 11:30 a.m.	September 6, 13, and 20

Northwest Golf Course Adult Beginner Playing Clinics

“LIVE” on the golf course instruction. This on-course clinic is what a lot of golfers really need. What is better than having the PGA Instructor right there with you? Our PGA Instructor will review the five most important areas on the golf course: the tee box, fairway, rough, sand traps, and the green. Participants will have a better understanding of the course and lifelike experiences while playing. Equipment required: your golf clubs (if you have them) and dress to the weather. Class size is 4 to 8 adults. The cost is \$160.00 per person per session.

Tuesdays	7:00 – 8:30 p.m.	June 10, 17, and 24
Tuesdays	7:00 – 8:30 p.m.	July 8, 15, and 22
Tuesdays	7:00 – 8:30 p.m.	August 5, 12, and 19
Tuesdays	7:00 – 8:30 p.m.	September 9, 16, and 23

Northwest Golf Course Adult Short Game Clinics

The short game is the most important part of the game, but it is the least practiced. We will review every aspect of the short game. Chipping, when to bump and run, or when to hit a flop shot; pitching over a bunker, 50 yards off the green, and which clubs are the most important for these shots. We will teach you how to make more putts. The knowledge and skills after participation in this clinic has been known to drop scores by 10 to 20 shots per round. Equipment required: your golf clubs (if you have them) and dress to the weather. Class size is 8 to 10. The cost is \$130.00 per person per session.

Wednesdays	6:00 – 7:30 p.m.	June 11, 18, and 25
Wednesdays	6:00 – 7:30 p.m.	September 10, 17, and 24

Poolesville Golf Course – Golf Programs

Call Poolesville Golf Course to register for programs at this facility at (301) 428-8143 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Poolesville Junior Golf Camp (Ages 8-17)

These four-day camps will teach juniors aged 8-17 basic skills, including full swing, chipping, putting, and on-course etiquette. Kids will have fun while learning to appreciate the sport of golf. Sessions will run Monday through Thursday from 8:30 to 12:00. Cost is \$150.00 per junior camper and includes lunch. Maximum 20 students.

Poolesville Junior Golf Camp Summer Sessions

Monday-Thursday	8:30 a.m. – 12:00 p.m.	June 16, 17, 18, and 19
Monday-Thursday	8:30 a.m. – 12:00 p.m.	June 30, July 1, 2, and 3
Monday-Thursday	8:30 a.m. – 12:00 p.m.	July 14, 15, 16, and 17
Monday-Thursday	8:30 a.m. – 12:00 p.m.	July 28, 29, 30, and 31
Monday-Thursday	8:30 a.m. – 12:00 p.m.	August 4, 5, 6, and 7

Poolesville Competitive Golfer Camp (Ages 13-18)

This four-day camp is an opportunity for proficient young golfers to learn the skills needed to elevate their competitive game. It is the perfect preparation for high school or college golf, scheduled the week before Montgomery County high school try-outs. Only 3 golfers between the ages of 13 and 18 will be accepted into each session. Cost is \$295.00 per golfer, which includes a greens fee for a round after each session is included.

Poolesville Competitive Camp Session

Monday-Thursday	10:00 a.m. – 1:00 p.m.	August 11, 12, 13, and 14
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Poolesville Golf Course Adult Golf Clinics

What makes golf such a great game? Why do so many adults enjoy it? What's stopping YOU from giving it a try? You don't even need your own clubs . . . just come on out and see what this sport is all about! These four, one-hour clinics will teach adults of all ages basic skills, including full swing, chipping, putting, on-course etiquette, and a great overall introduction to golf. You will have FUN while learning to appreciate the sport of golf. Sessions will run on four consecutive Thursdays from 6:00 to 7:00 p.m. Cost is \$150.00 per session. Maximum 12 students per session, so sign up today!

*** Introductory Special *** Sign up with a friend and receive a coupon for a FREE 9-hole round of golf.

Poolesville Golf Course Adult Golf Clinic Sessions

Thursdays	6:00 – 7:00 p.m.	July 3, 10, 17, and 24
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Rattlewood Golf Course – Golf Programs

Call Rattlewood Golf Course to register for programs at this facility at (301) 607-9000 beginning March 1, 2008. Schedule is subject to change. Additional sessions may be added due to high demand. Please check with the golf shop and our website at www.MontgomeryCountyGolf.com.

Rattlewood Junior Golf Camps

Rattlewood Golf Course's 4-day Junior Golf Camps are taught by PGA Professionals, and focus on the fundamentals of golf, strategy, etiquette, and sportsmanship. On-course instruction and play, lunch, and refreshments are included, as well as prizes and awards. Each golfer receives 10% off merchandise at the Rattlewood Golf Shop. Cost is \$175 per student. Class size is limited to 20 students per session.

Monday-Thursday	8:00 a.m. – 12:00 p.m.	June 23, 24, 25, and 26
Monday-Thursday	8:00 a.m. – 12:00 p.m.	July 7, 8, 9, and 10
Monday-Thursday	8:00 a.m. – 12:00 p.m.	July 14, 15, 16, and 17
Monday-Thursday	8:00 a.m. – 12:00 p.m.	July 21, 22, 23, and 24
Monday-Thursday	8:00 a.m. – 12:00 p.m.	July 28, 29, 30, and 31
Monday-Thursday	8:00 a.m. – 12:00 p.m.	August 4, 5, 6, and 7
Monday-Thursday	8:00 a.m. – 12:00 p.m.	August 11, 12, 13, and 14

Rattlewood Adult Golf Clinics

Instruction will be provided by PGA Professionals on fundamentals, strategy, and etiquette. One-hour sessions over a 4-week period. Cost is \$100 per person. Class size is limited to 8.

Fridays	6:00 p.m. – 7:00 p.m.	July 11, 18, 25 and August 1
Fridays	6:00 p.m. – 7:00 p.m.	August 15, 22, 29, and September 5
Saturdays	10:00 – 11:00 a.m.	April 12, 19, 26 and May 3
Saturdays	10:00 – 11:00 a.m.	June 7, 14, 21, 28
Saturdays	10:00 – 11:00 a.m.	July 12, 19, 26, and August 2

Facility Locations

ELEMENTARY SCHOOLS (ES)

Barnsley, Lucy ES-14516 Nadine Drive, Rockville
Bethesda ES-5011 Moorland Lane, Bethesda
Bel Pre ES-13801 Rippling Brook Drive, Silver Spring
Beverly Farms ES-8501 Post Oak Road, Rockville
Broad Acres ES-710 Beacon Road, Silver Spring
Burning Tree ES-7900 Beach Tree Road, Bethesda
Burnt Mills ES-11211 Childs Street, Silver Spring
Chevy Chase ES-4015 Rosemary Street, Chevy Chase
Cresthaven ES-1234 Cresthaven Drive, Silver Spring
Daly, Capt. James E. ES-20301 Brandermill Drive, Germantown
Darnestown ES-15030 Turkey Foot Road, Gaithersburg
DuFief ES-15001 DuFief Drive, Gaithersburg
Fairland ES-14315 Fairdale Road, Silver Spring
Flower Hill ES-18425 Flower Hill Way, Gaithersburg
Forest Knolls ES-10830 Eastwood Avenue, Silver Spring
Germantown ES-19110 Germantown-Darnestown Road, Germantown
Great Seneca Creek ES-13010 Daireymaid Drive, Germantown
Greencastle ES-13611 Robey Road, Silver Spring
Greenwood ES-3336 Gold Mine Road, Brookeville
Harmony Hills ES-13407 Lydia Street, Silver Spring
Highland ES-3100 Medway Street, Silver Spring
Jackson Road ES-900 Jackson Road, Silver Spring
Kemp Mill ES-411 Sisson Street, Silver Spring
Kensington-Parkwood ES-710 Saul Road, Kensington
Little Bennett ES-23930 Burdette Forest Road, Clarksburg
Luxmanor ES-6201 Tilden Lane, Rockville
Matsunaga ES-13902 Broomfield Road, Germantown
New Hampshire Estates ES-8720 Carroll Avenue, Sandy Spring
Olney ES-3401 Queen Mary Drive, Olney
Oakland Terrace ES-2720 Plyers Mill Road, Silver Spring
Page, William Tyler ES-13400 Tamarack Road, Silver Spring
Potomac ES-10311 River Road, Rockville
Resnik, Judith A. ES-7301 Hadley Farms Drive, Gaithersburg
Rock Creek Valley ES-5121 Russett Road, Rockville
Rock View ES-3901 Denfeld Avenue, Kensington
Rockwell, Lois P. ES-24555 Cutsail Drive, Damascus
Roscoe Nix ES-1100 Corliss Street, Silver Spring
Rosemary Hills ES-2111 Porter Road, Silver Spring
Rolling Terrace ES-705 Bayfield Street, Takoma Park
Seven Locks ES-9500 Seven Locks Road, Bethesda
Sligo Creek ES-500 Schuyler Road, Silver Spring
Waters Landing ES-13100 Waters Landing Drive, Germantown
Weller Road ES-3301 Weller Road, Silver Spring
Westover ES-401 Hawkesbury Lane, Silver Spring
Wheaton Woods ES-4510 Faroe PL, Rockville
Wood Acres Elementary School-5800 Cromwell Drive, Bethesda
Wyngate ES-9300 Wadsworth Drive, Bethesda

SECONDARY SCHOOLS (MS or HS)

Argyle MS-2400 Bel Pre Road, Silver Spring
Banneker, Benjamin MS-14800 Perrywood Drive, Burtonsville
Bethesda-Chevy Chase HS-4301 East West Highway, Bethesda
Briggs Chaney MS-1901 Rainbow Drive, Silver Spring
Cabin John MS-10701 Gainsborough Road, Potomac
Clemente, Roberto MS-18808 Waring Station Road, Germantown
Emory Grove Center (MCPS-HS)-18100 Washington Grove Lane, Gaithersburg
Gaithersburg MS-2 Teachers' Way, Gaithersburg

Hoover, Herbert MS-8810 Post Oak Road, Rockville
King, Martin Luther MS-13737 Wisteria Drive, Germantown
Kingsview MS-18909 Kingsview Road, Germantown
Lee, Col. E. Brooke MS-11800 Monticello Avenue, Silver Spring
Loiederman MS-12701 Goodhill Road, Silver Spring
Montgomery Village MS-19300 Watkins Mill Road, Gaithersburg
Newport Mill MS-11311 Newport Mill Road, Kensington
North Bethesda MS-8935 Bradmoor Street, Bethesda
Northwest HS-13501 Richter Farm Road, Germantown
Parkland MS-4610 West Frankford Drive, Rockville
Parks, Rosa MS-19200 Olney Mill Road, Olney
Poole, John MS-17014 Tom Fox Avenue, Poolesville
Pyle, Thomas W. MS-6311 Wilson Lane, Bethesda
Rock Terrace HS-390 Martins Lane, Rockville
Rocky Hill MS-22401 Brickhaven Way, Clarksburg
Shady Grove MS-8100 Midcounty Highway, Gaithersburg
Tilden MS-11211 Old Georgetown Road, Rockville
Watkins Mill HS-10301 Apple Ridge Road, Gaithersburg
Westland MS-5511 Massachusetts Avenue, Bethesda
Wheaton HS-12601 Dalewood Drive, Wheaton
White Oak MS-12201 New Hampshire Avenue, Silver Spring
Whitman, Walt HS-7100 Whittier Boulevard, Bethesda
Wood MS-14615 Bauer Drive, Rockville

PARKS (LP, NP, PC)

Camp Seneca Local Park-14500 Clopper Road, Boyds
Capital View-Homewood Local Park-2929 Edgewood Road, Kensington
Clarksburg Local Park-22501 Weems Road, Clarksburg
Columbia Local Park-14900 Old Columbia Pike, Burtonsville
Darnestown Local Park-14211 Darnestown Road, Darnestown
Fairland Recreational Park-3928 Greencastle Road, Fairland
Layhill Local Park-14901 Layhill Road, Wheaton
Lynnbrook Local Park-8008 Newdale Drive, Bethesda
Norbeck-Muncaster Mill Neigh. Park-4101 Muncaster Mill Road, Norbeck
North Four Corners Local Park-211 Southwood Avenue, Silver Spring
Norwood Local Park-4700 Norwood Drive, Chevy Chase
Olney Manor Recreational Park-16601 Georgia Avenue, Olney
Pilgrim Hills Local Park-1615 E Randolph Road, Colesville
Pinecrest Local Park-301 St. Lawrence Drive, Silver Spring
Quince Orchard Valley Neigh. Park-12015 Suffolk Terrace, Gaithersburg
Randolph Hills Local Park-11805 Ashley Drive, Silver Spring
Rock Creek Regional Park-6700 Needwood Road, Rockville
Sligo-Dennis Ave. Local Pk (Sligo Comm.)-10200 Sligo Creek Parkway, Silver Spring
South Germantown Recreational Park-14501 Shaeffer Road, Germantown
Tilden Woods Local Park-6800 Tilden Lane, Potomac
Veirs Mill Local Park-4425 Garrett Park Road, Wheaton
Waverly-Schuylkill Neigh. Park-11210 Schuylkill Road, Garrett Park

COMMUNITY CENTERS (CC)

Bauer Drive Community Center-14625 Bauer Drive, Rockville
Clara Barton Community Center-7425 MacArthur Boulevard, Cabin John
Damascus Com. Recreation Center-25520 Oak Drive, Damascus
East County Community Center-3310 Gateshead Manor Way, Silver Spring
Fairland Community Center-14906 Old Columbia Pike, Burtonsville
Germantown Community Center-18905 Kingsview Drive, Germantown
Gwendolyn Coffield Community Center-2450 Lyttonville Road, Silver Spring
Leland Community Center-4301 Willow Lane, Chevy Chase
Long Branch Community Center-8700 Piney Branch Road, Silver Spring
Longwood Community Center-19300 Georgia Avenue, Brookeville
MCRD Offices-4010 Randolph Road, Silver Spring
Olney Manor Skate Park-16601 Georgia Avenue, Olney
Potomac Community Center-11315 Falls Road, Potomac
Ross Boddy Community Center-18529 Brooke Road, Sandy Spring
Upper County Community Center-8201 Emory Grove Road, Gaithersburg
Wheaton Community Center-11711 Georgia Avenue, Wheaton

SENIOR CENTERS (SrC)

Damascus Senior Center-9701 Main Street, Damascus
Holiday Park Senior Center-3950 Ferrara Drive, Wheaton
Schweinhaut Senior Center-1000 Forest Glen Road, Silver Spring

POOLS (P, AqC, SwC)

Bethesda Pool-Little Falls Parkway, Bethesda
Germantown Indoor Swim Center-18000 Central Park Circle, Boyds
Germantown Outdoor Pool-18905 Kings View Drive, Germantown
Long Branch Pool-8700 Piney Branch Road, Silver Spring
Martin Luther King Outdoor Pool-1201 Jackson Road, Silver Spring
Martin Luther King Swim Center-1201 Jackson Road, Silver Spring
Montgomery Aquatic Center-5900 Executive Boulevard, N. Bethesda
Olney Swim Center-16601 Georgia Avenue, Olney
Upper County Pool-8211 Emory Grove Road, Gaithersburg
Western County Pool-20151 Fisher Avenue, Poolesville
Wheaton/Glenmont Pool-12621 Dalewood Drive, Wheaton

LIBRARIES

Long Branch Community Library-8800 Garland Avenue, Silver Spring
Wheaton Regional Library-11701 Georgia Avenue, Wheaton

OTHER FACILITIES

Create Arts Center-816 Thayer Avenue, Silver Spring
Beall-Dawson House-103 W Montgomery Avenue, Rockville
Camp Olympia-5511 Muncaster Mill Road, Rockville
Chef Bryan's Kitchen-251 Market Street W, Gaithersburg
Golden School of Music-8004 A Norfolk Avenue, Bethesda
Philbin's Athletic Training Center-9168 Gaither Road, Gaithersburg
Waters House Historic Site-12535 Milestone Manor Drive, Germantown



Summer 2008 in Montgomery Parks

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156	Registration Form (fill out the green section for Parks)

**Registration
begins May 15**
for most programs



MONTGOMERY COUNTY PLANNING BOARD

THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIRMAN

Summer 2008

Dear Parks Friend:

Enjoy the lazy, hazy days of summer in one or more of the 404 Montgomery County Parks!

All of our seasonal facilities are open and in full swing. New features include:

- Lake Needwood Boats in Rock Creek Regional Park has five brand-new kayaks ready to go, and a new water scavenger hunt for kids
- "Camper-ready camping" at Little Bennett Campground— we'll set up your tent and campground for you!
- Black Hill Water Trail— maps are available for this self-guided nature tour of Little Seneca Lake at Black Hill Boathouse


It's an exciting time for our historical and cultural resources, especially at "Uncle Tom's Cabin." Also known as the Riley House, it was home to the Reverend Josiah Henson— the real man behind Harriet Beecher Stowe's landmark novel *Uncle Tom's Cabin*. See page 103 for information about the June 26 event at this historic site. For more interpretive programs and events in Parks, visit www.MontgomeryParks.org, keyword "Interpretive Programs."

Summer camps are filling up, so if you don't have your children's summer schedule filled, be sure to check out the great variety of camps in Montgomery Parks (page 141). You can register online at www.ParkPASS.org for any Parks summer camp or course.

If you missed the May 1 event at the newly renamed Pauline Betz Addie Tennis Center in Cabin John Regional Park (formerly Cabin John Indoor Tennis), stop by to see the 22-foot long mural of this remarkable woman's life in tennis on display at the facility.

Also, don't forget we have a Fee Reduction program for qualified Montgomery County residents. If you qualify, you can save 50% on the fees at a number of different Park facilities and programs. For more information about this program, please call 301-495-2530, or visit www.ParkPASS.org.

I encourage you to get outside, explore and enjoy your Parks!


Royce Hanson
Chairman

Heritage Days

June 28 and 29
12pm-4pm

Celebrate the 11th annual Heritage Days Weekend by visiting the historic sites open across the county on **June 28 & 29**. Below is a list of the Montgomery Parks sites that will be open – for more information visit www.HeritageMontgomery.org.

Civil War Blockhouse and Outpost Camp

at Blockhouse Point Conservation Park
at Callithea Horse Farm
15000 River Rd, Potomac, MD 20854
(entrance across from Signal Tree Ln.)
www.BlockhousePoint.org • 301-840-5848
Open Saturday

Walk in the Footsteps of Civil War Union soldiers by taking a guided two mile hike to see the remains of an 1862 outpost camp and blockhouse used to guard the Potomac River crossing from confederate attack. The tours, along an easy to moderate natural surface trail begin at 12 noon, 1pm, 2pm, and 3 pm. Meet the tour guides at the far parking area of the Callithea Horse Farm. *Rain Date is Sunday, June 29.*

Bussard Farm at Agricultural History Farm Park

18400 Muncaster Rd, Derwood, MD 20855
www.AgHistoryFarm.org • 301-670-4661
Open Saturday

Celebrate Montgomery County's Heritage Days at the 455 acre Agricultural History Farm Park. Enjoy casual walks around the turn of the century historic farmstead, open lawn games for children noon-1pm, square dancing 1pm-3pm and old fashioned children's competitive games suitable for all ages 3pm-4pm. All activities are FREE and sponsored by the Montgomery County Back in Time 4-H Club. This program is made possible in part by the Heritage Tourism Alliance of Montgomery County.

Underground Railroad Trail

16501 Norwood Rd, Sandy Spring, MD 20860
(at Woodlawn Manor)
www.UndergroundRRExperience.org
301-650-4373 • **Open Saturday and Sunday**

Volunteer "conductors" will lead 90-minute Underground Railroad hikes. The 1½ mile trail winds through fields, woods and across streams to Sandy Spring. Hikers will learn various techniques that people escaping slavery would use to elude pursuers. Listen to true fascinating and heartbreaking stories along the way.

Woodlawn Manor House

16501 Norwood Rd, Sandy Spring, MD 20860
HistoricWoodlawnManor.org • 301-570-5722
Open Sunday

Docents in period Quaker dress will present Hands-on-History interactive programs and Traces of the Underground Railroad tours at this historic circa 1800 Quaker Tobacco Plantation. The manor house, slave log cabin, gazebo garden, smokehouse, and gift shop will be available for touring and children's activities such as crushing corn, old time games, carrying yoke and buckets, and more. Ice pops and water will be available at the Little Red Gift Shop.

Riley House/"Uncle Tom's Cabin"

111420 Old Georgetown Rd, Bethesda, MD 20852 • **Parking only at Wall Local Park/Montgomery Aquatic Center, 5900 Executive Blvd N. Bethesda, MD 20852**
www.JosiahHensonSite.org • 301-650-4373
Open Sunday

The Riley House/"Uncle Tom's Cabin" is a historic resource of local, state, national and international significance because of its association with Reverend Josiah Henson, whose 1849 autobiography inspired Harriet Beecher Stowe's landmark novel, Uncle Tom's Cabin. The Riley farm was where Henson lived and worked as a slave from 1795 to 1825. The existing frame building, possibly dating to the late 18th century, was the Riley home. The log wing was used as a kitchen in the early 20th century and may have been a kitchen in Henson's time. Volunteers will conduct tours of the late 18th- early 19th century house between noon and 4:00 p.m. Parking should be available at Wall Local Park/Montgomery Aquatic Center.

Oakley Cabin

3610 Brookeville Rd, Olney, MD 20852
www.OakleyCabin.org • 301-650-4390
Open Saturday and Sunday

This African American historic site, built in the 1820s to house enslaved people, was later part of a roadside community. There will be demonstrations of 19th century crafts and tours of the cabin. There will also be a scavenger hunt for children.

Join Us for a Special Viewing of Uncle Tom's Cabin!

Saturday, June 28 • Noon – 4:00 p.m.

"Meeting Josiah Henson" Riley House/Uncle Tom's Cabin
www.JosiahHensonSite.org • 301-650-4373

12:00 – 1:15 p.m.

Panel discussion led by Dr. Cheryl LaRoche (University of Maryland) and Dr. Diane Swann-Wright (Frederick Douglass-Isaac Myers Maritime Museum) at the Tilden Cafeteria

1:30 – 4:00 p.m.

Tours will be conducted of the house and cabin

By reservation only at www.ParkPASS.org

Parking only at Tilden Center/Francis Scott Key Middle School, 6300 Tilden Lane, Rockville. Roundtrip shuttle service will be provided from the Tilden Center to the Riley House for the tours.



It's all right here!



MONTGOMERY COUNTY PARKS Directory

BOATING & FISHING

Both boating facilities are open Saturdays, Sundays and Memorial Day in May, and Wednesday-Sunday beginning May 28. See their websites for specific hours.

Black Hill Boats

Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends / 301-972-9396 M-F
BlackHillBoats.com

Lake Needwood Boats

Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 info
301-948-5053 Park Manager
LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground

Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-972-9222 info
LittleBennettCampground.com

CAROUSEL

Wheaton Carousel

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 / 301-680-5376, ext. 103 party room rentals
WheatonTrainandCarousel.com
Open daily 10am-5:30pm through August 31.

CULTURAL ATTRACTIONS

For information on cultural/historic attractions in Montgomery County Parks, visit MontgomeryParks.org, keyword "cultural."

Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD 20855
301-670-4661 / AgHistoryFarm.org
Open for special events only. See website for details.

Oakley Cabin

3610 Brookeville Road, Olney, MD 20833
301-560-4390 / OakleyCabin.org
Guided tours available Saturdays Noon-4pm through October.

Underground Railroad Experience Trail

Sandy Spring, MD 301-560-4373
UndergroundRRExperience.org
Guided hikes every Saturday at 10am through November 1.
Meet at Woodlawn Manor by the Stone Barn.

Woodlawn Manor House

16501 Norwood Rd., Sandy Spring, MD 20860
301-570-5722 / HistoricWoodlawnManor.org
Open weekdays by reservation 10am-1pm for "Hands-on History" field trips; afternoon teas and tours by reservation.

CYCLING See "Trails"

DOG PARKS

Black Hill Regional Park Dog Park

20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, southeast of boat rental facility on Lake Ridge Drive.

Ridge Road Recreational Park Dog Park

21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park

11717 Orebaugh Avenue, Silver Spring, MD 20902
East of the outdoor skating rink. Use the Orebaugh Avenue entrance to the park.

EVENT CENTERS

If you're looking for the perfect spot for a wedding or workshop, business meeting or birthday party, anniversary or retirement celebration, "We have the where"! Get complete information and virtual tours of each center at WeHaveTheWhere.com.

Brookside Gardens

Wheaton Regional Park
1800 Glenallan Avenue, Wheaton, MD 20902
301-962-1404 info
Email: Event.Manager@mncppc-mc.org

Lodge at Little Seneca Creek

14500-A Clopper Road, Boyds, MD 20841
301-299-5026 info
Email: MCP-Rockwood@mncppc-mc.org

Rockwood Manor

11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 info
Email: MCP-Rockwood@mncppc-mc.org

Woodlawn Manor Park

16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 info
Email: MCP-Rockwood@mncppc-mc.org

GARDENS

Brookside Gardens **ParkPASS**

Wheaton Regional Park
1800 Glenallan Ave., Wheaton, MD 20902
301-962-1400 / 301-962-1404 event rentals
BrooksideGardens.org

McCrillis Gardens **ParkPASS***

6910 Greentree Road, Bethesda, MD 20817
301-962-1455
McCrillisGardens.org

*For botanical illustration classes only.

HIKING See "Trails"

HOCKEY (In-Line)

Wheaton In-Line Skating Facility

See "ICE SKATING" for facility info.
Covered rink available April-September for hockey, parties, etc.

HORSEBACK RIDING & STABLES

For information on riding lessons, events, etc., see page 110 in this Guide or visit MontgomeryParks.org, click on "Things to Do" and "Equestrian Centers." Equestrian facilities in Montgomery Parks are managed by private operators.

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-365-2246
CabinJohnIce.com

Wheaton Ice Arena **ParkPASS**

(Indoor and Outdoor Facilities)
Outdoor covered ice rink available October-March.
Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20901
301-649-2250 info/301-649-3640
WheatonIceArena.com

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580
301-601-4410 group rates & party info
SGermantownSplashandGolf.com
Open daily June 16-September 1. See web for hours.

NATURE CENTERS

Black Hill Visitor Center **ParkPASS***

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-916-0220
BlackHillNature.org *Limited hours

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-946-9071
BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-299-1990
LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-924-4141
MeadowsideNature.org

SPLASH PARK

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-601-3580 info
301-601-4410 group rates & party package info
SGermantownSplashandGolf.com
Open Saturdays & Sundays thru June 15; open Memorial Day. Open daily beginning June 16.
Hours: 10am-7pm.

TENNIS (Indoor)

Cabin John Indoor Tennis **ParkPASS**

Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-469-7300
CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-649-4049
WheatonTennis.com
Closed for renovations until September '08.

TENNIS (Outdoor)

ParkPASS.org or ParkPermits.org
See page 147 for courts and group lesson times.

TRAILS

For information about the 200 miles of trails in Montgomery County, visit **MontgomeryTrails.org**. You'll find area maps and specific trail maps with distances, surface and terrain types, as well as information on special events and guided hikes.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-469-7835 train schedule & party info
CabinJohnTrain.com
Open Saturdays and Sundays in May; open daily June-August. Hours: 10am-4:30pm.

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 info
301-680-5376, ext. 103 party room rentals
WheatonTrainandCarousel.com
Open daily 10am-5:30pm through August 31.

WEDDINGS See "Event Centers"

CONTACT MONTGOMERY PARKS

- General Information:
301-495-2595
MontgomeryParks.org
- To reserve a ballfield, picnic shelter, etc.:
ParkPermits.org
- To report maintenance issues or problems in a Park:
301-670-8080
- Park Police Emergency:
301-949-3010
Non-Emergency:
301-949-8010
- For info on a Parks class or program:
301-495-2580
ParkPASS.org
MCP-ParkPassHelp@MontgomeryParks.org
- To volunteer in the Parks:
ParksVolunteers.org
- For questions about specific parks:
MontgomeryParks.org
Click on "Contact Us"

ParkPASS

Go to any "ParkPASS" designated facility to register for classes or programs held at that facility, or any other facility that uses the ParkPASS system. You can also open a ParkPASS account at these locations. ParkPASS facility hours vary; please call for hours before stopping by.

Come Play ^{in the} Parks!



Montgomery Parks Summer 2008

SPECIAL EVENTS

Date	Special Event	Time	Location	Cost	For More Information
May 16	Hawaiian Skate Night	8-10pm	Wheaton Ice Arena	\$6 w/Hawaiian garb	301-649-3640 WheatonIceArena.com
May 21, June 18 July 16, Aug. 13	Night Fishing at Little Seneca Lake	Fish 'til midnight!	Black Hill Regional Park	See website for boat rental prices (regular hours)	301-972-9396 BlackHillBoats.com
Every Tuesday in June	Summer Twilight Concerts <i>Live music in the Garden</i>	6:30-8pm	Brookside Gardens See pg 108 for artists	Free	301-962-1400 BrooksideGardens.org
June 7	Lecture: Anita Neal Powell <i>"Conversations about African-American Sites in Montgomery County"</i>	Noon-4pm	Oakley Cabin	Free	OakleyCabin.org
June 20	Christmas in June Skate	3 sessions Call for times	Wheaton Ice Arena	\$3.50 w/ donated toy	301-649-3640 WheatonIceArena.com
June 28 & 29	Heritage Days <i>Music, art, history, hikes & more!</i>	Noon-4pm	See pg 103	Free	301-495-2595/MontgomeryParks.org MontgomeryHeritage.org
June 27 & 28	Great American Campout <i>Mention "GAC08" for discount</i>	Check-in 1pm Fri.	Little Bennett Campground	\$35 for 2 nights! (tent sites only)	301-972-9222 LittleBennettCampground.com
July 4	Red, White & Blue Skate	Noon-2pm 3:30-5:30pm	Wheaton Ice Arena	\$6 w/ red, white & blue	301-649-3640 WheatonIceArena.com
July 4	Germantown Glory <i>July 4th Celebration</i>	7:30pm (9:30 fireworks)	South Germantown Recreational Park	Free	240-777-6820 MontgomeryCountyMd.gov/Rec
July 4	Mini-Golf/Splash-a-Thon!	10am-8pm	South Germantown Recreational Park	\$6 all-you-can splash + 2 rounds golf	301-601-3580 SGermantownSplashandGolf.com

July 13	Teen Skate Night	8pm-10pm	Wheaton Ice Arena	\$5 w/ student I.D.	301-649-3640 WheatonIceArena.com
July 26	Art Farm at Red Wiggler <i>Part of the MoCo Farm Tour</i>	10am-4pm	Red Wiggler Community Farm Germantown, MD	Free	301-916-2216 RedWiggler.org
August 9	Mount Zion Day	Noon-4pm	Oakley Cabin	Free	OakleyCabin.org
August 15	End of Summer Blast	3 sessions	Wheaton Ice Arena	\$5.25 w/ school supply donation	301-649-3640 WheatonIceArena.com
August 16 & 17	Mother/Daughter Getaway <i>Camp, hike, canoe & more!</i>	11am Sat.- 1pm Sun.	Little Bennett Campground Clarksburg, MD	\$65/site for 2, or \$115/site with gear	301-972-9222 LittleBennettCampground.com

DISPLAYS, SHOWS AND EXHIBITS



Date	Facility	Time	Location	Cost	For More Information
Thru June 14	Saturday Storytimes	10 & 10:30am	Brookside Gardens	Free	301-962-1400 BrooksideGardens.org
May 3-September 21	"Wings of Fancy" <i>Live Butterfly Exhibit</i>	10am-4pm	Brookside Garden Conservatories	\$4 ages 3-12; \$5 ages 13 & up	301-962-1453 BrooksideGardens.org
May 5-June 2	Guided Garden Walks	Saturdays, 2pm	Brookside Gardens	Free	301-962-1400 BrooksideGardens.org
May 5-May 27	Guided Garden Walks	Sundays, 2pm	McCrillis Gardens	Free	301-962-1400 McCrillisGardens.org
June 21-Aug.15	"Botanica 2008" <i>The Art & Science of Plants</i>	9am-5pm	Brookside Gardens Visitors Center	Free	301-962-1400 BrooksideGardens.org
Thru September 21	"Some Like It Hot" <i>Summer Conservatory Display</i>	10am-5pm	Brookside Gardens Conservatories	Free	301-962-1400 BrooksideGardens.org

MontgomeryParks.org



Brookside Gardens

www.brooksidegardens.org

1800 Glenallan Avenue Wheaton, MD 20902

Summer Twilight Concert Series

Join us for a series of musical evenings surrounded by the beauty of the gardens! All concerts are FREE of charge and no registration is required. Performances will take place in the Gude Garden from 6:30-8:00 p.m. (rain location: Visitors Center). Visitors are welcome to bring chairs or blankets on which to sit in the grass. For more information, call 301-962-1400 or visit us online at www.brooksidegardens.org



June 3

Maryland Community Band

Classical band literature, Broadway show tunes, pop, patriotic and traditional marches.

June 17

LEA

Contemporary Folk with R&B and jazz flavor.

June 10

Ruthie & the Wranglers

Rockin' American roots music.



June 24

Incendio

Los Angeles-based Latin guitar world fusion.



Summer Camps

Budding Artists Camp I

June 16-20

AGES 8-10, 1-3:00PM M-F
FEE: \$75/WEEK, COURSE NUMBER 52114

Growing Green Gardening Camp

June 23-27

AGES 8-10
9:30AM-12PM M-F
FEE: \$100/WEEK
COURSE NUMBER 52117



Budding Artists Camp II

July 7-11

AGES 5-7, 10-11:30AM M-F
FEE: \$65/WEEK, COURSE NUMBER 52111
AGES 8-10, 1-3:00PM M-F
FEE: \$75/WEEK, COURSE NUMBER 52112

Butterfly Flutterby Camp

August 11-15

AGES 7-9, 10AM-12:00PM M-F
FEE \$80/WEEK, COURSE NUMBER 52115

Registration required at www.parkpass.org; for more information call, 301-962-1400 or visit us online at www.brooksidegardens.org.

Wings of Fancy

Live Butterfly Exhibit

Saturday, May 3 through Sunday, September 21
10am- 4pm daily

FEES: \$5.00 ADULTS; \$4.00 AGES 3-12
BROOKSIDE GARDENS SOUTH CONSERVATORY



Asian, Costa Rican and North American butterflies take flight in our international exhibit celebrating its 12th season. Be surrounded by hundreds of butterflies flying freely among the tropical flowering nectar plants. Learn about the butterfly life cycle. Tickets may be purchased either at the Visitors Center or the Conservatory gift shops. The walk between the buildings is approximately two tenths of a mile or an eight minute walk along a

shady, but steep incline. Some visitors may find this walk challenging. Heat levels inside the conservatory are approximately 10 degrees hotter than the outside temperature. Wings of Fancy Hotline: 301-962-1453



School of Botanical Art & Illustration

Open House and Exhibition

at McCrillis Gardens

Saturday May 3 & Sunday May 11

(2:30-4:30PM); FREE

6910 GREENTREE RD, BETHESDA, MD 20817



Brookside Gardens

Adult Programs

Para Yoga

Join Liz Chabra, who has 15 years experience as a yoga instructor, in the practice of Para Yoga. Open to Level 1 and 2 yoga fans, the class will incorporate asana (exercise poses), pranayama (breathing techniques), and meditation. ***Must bring yoga mat, block, strap, and blanket. Please do not eat at least 3 hours prior to class.

50350	18yrs&up 13 Classes	\$163	6/2	M	6:15pm-7:30pm
50351	18yrs&up 13 Classes	\$163	6/7	Sa	9:00am-10:15am

Necklace Potpourri

Join Stephanie Oberle, Brookside Gardens Staff, and dip into our cache of beads to create a unique necklace. First, choose a focal bead from a variety of glass, clay, shell, and preserved flowers and leaves. Next, sift through a selection of accent beads like glass leaves and flowers, wood, pearls, shell, stone, and a colorful assortment of glass seed beads. Finish with a sterling silver or vermeil clasp. Your necklace will be one of a kind! Fee includes all materials to make one necklace. Tool kits are available for use in class, but students are encouraged to bring their own tools.

52449	18yrs&up 1 Class	\$42	6/5	Th	9:30am-12:00pm
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A Fragrant Walk

Join Janet Koles, Brookside Gardens Guide, as she highlights some of the most fragrant plants, medicinal plants, and corners of the Fragrance Garden you may have never visited. Benefit from Janet's extensive experience as a professional gardener as she provides plant maintenance tips and suggestions on how to incorporate fragrance into your own garden. Please wear comfortable walking shoes and dress for the weather.

51301	18yrs&up 1 Class	\$5	6/6	F	10:00am-11:30am
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Ayurvedic Cooking

Join Liz Chabra, Ayurvedic cook and yoga instructor, for a demonstration of Ayurvedic cooking. Ayurveda, the oldest known health care system, prescribes unique regimens of diet, exercise, herbs and gentle cleansing techniques to maintain health by restoring balance. We will be introduced to Ayurvedic diet and nutrition concepts, using a wide variety of spices, herbs, and other ingredients, many of which are new to Westerners. We will taste (samples), touch, see, and smell all the goodness that goes into cooking.

50401	18yrs&up 1 Class	\$40	6/7	Sa	12:00pm-2:30pm
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Local Food Systems

Join Mark Smallwood, Green Mission Specialist for Whole Foods Market, as he defines what "local" really means. He'll get you started growing nutritious foods in your own back yard, help you to identify farms and artisans in your area and restaurants that use locally grown food, and discuss the benefits of supporting local food systems.

51699	18yrs&up 1 Class	FREE	6/14	Sa	10:00am-11:30am
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Wedding Trends in Floral Design

Join Karen Nelson Kent, AIFD, to learn about the latest trends in wedding flowers and table decor. In addition to great new options in personal flowers, there will be a demonstration of "tablescaping," the art of creating the perfect setting. Bring a bag lunch if you'd like to stay and ask Karen questions. There will be a follow-up workshop (extra fee) during which participants will create their own centerpiece appropriate for a wedding or party (see course number 51666).

51049	18yrs&up 1 Class	\$20	6/18	W	10:30am-11:30am
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Wedding Floral Arrangement

Join Karen Nelson Kent, AIFD, to put together a beautiful floral centerpiece appropriate for a wedding or party. Fee includes all materials. See course number 51049 for associated class one hour before this workshop (extra fee).

51666	18yrs&up 1 Class	\$40	6/18	W	12:00pm-1:30pm
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Focus on Butterflies!

On this special morning, ten photographers will be welcomed (with their tripods) into the conservatory to photograph these live butterflies before the "Wings of Fancy" Butterfly Exhibit opens to the public at 10 a.m.

51007	18yrs&up 1 Class	\$20	7/12	Sa	8:00am-10:00am
51008	18yrs&up 1 Class	\$20	7/27	Su	8:00am-10:00am
51012	18yrs&up 1 Class	\$20	8/23	Sa	8:00am-10:00am

Children's Programs

Flower Buds

Gardening activities, stories, crafts, and garden walks for children (ages 3 to 5) with a parent. Please register and pay only for the child.

51924	3yrs-5yrs 1 Class	\$3	6/9	M	10:30am-11:30am
51925	3yrs-5yrs 1 Class	\$3	7/14	M	10:30am-11:30am
51927	3yrs-5yrs 1 Class	\$3	8/11	M	10:30am-11:30am

Tussie-Mussie Bouquets

Arrange two small bouquets of early summer flowers and herbs into a "tussie-mussie." Keep one and give one as a gift! Tussie-mussies are small bouquets that send a message.

52110	8yrs-12yrs 1 Class	\$12	6/10	Tu	4:30pm-6:00pm
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Brookside Gardens School of Botanical Art & Illustration

The Brookside Gardens School of Botanical Art & Illustration provides a comprehensive botanical drawing and painting curriculum. Instruction starts at the beginner level and follows a designated sequence of subjects. The School, located at McCrillis Gardens in Bethesda, also offers a certificate program. Call 301-962-1470 for more information.

Summer Samplers (no prerequisites)

Start Drawing & Painting (at McCrillis Gardens)

44866	18yrs&up	3 classes	\$142	6/3	Tu	6:30pm-9:30pm
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Butterflies & Passiflora (at Brookside Gardens)

44951	18yrs&up	3 classes	\$210	7/25	F-Su	10:00am-4:00pm
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Saddle Up!

Equestrian
Centers in
Montgomery Parks

Callithea Farm Park

15000 River Road, Potomac, MD 20854
301-977-8010 or 301-977-7682

This 97-acre property offers horse boarding services and access to excellent equestrian trails at Blockhouse Point Conservation Park and the C&O Canal.

Meadowbrook Riding Stables

8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 | MeadowbrookStables.com

This non-profit organization offers riding lessons for all ages, a young horsemanship program, and showing opportunities at local and A-rated horse shows. Summer programs include equestrian and show camps and evening/weekend riding lessons.

Potomac Horse Center

14211 Quince Orchard Road, North Potomac, MD 20878
301-208-0200 | PotomacHorse.com

Lessons for beginner, advanced and show ring riders; trail rides; horse shows; summer camps; therapeutic riding; birthday pony parties; boarding; and more. Registration opens June 2 for summer session lessons, and August 11 for fall session. See the website for upcoming special events.

Great and Small at Rickman Farm Horse Park

173230 Moore Road, Boyds, MD 20841
301-349-0075 | GreatandSmallDC.org

Great and Small offers therapeutic riding lessons to individuals with physical, emotional and cognitive disabilities. This non-profit organization provides free lessons to foster children, maintains a small scholarship program, and relies in large part on volunteers and individual donations.

Wheaton Park Stables at Wheaton Regional Park

1101 Glenallen Avenue, Wheaton, MD 20902
301-622-3311 or 301-622-2424 | WheatonParkStables.com

Group and private riding lessons, escorted trail rides on Sunday afternoons, summer camps, full board for horses. Registration open now for summer group riding lessons (available for adults and children; 10 weeks beginning in June). Limited space available for 2-week summer horsemanship camp for children (first of four sessions begins June 16).

Woodstock Equestrian Park

(West) 20100 Darnestown Road (East) 20207 Darnestown Road
Beallsville, MD 20839 | 301-444-3121
WoodstockEquestrianCenter.com or EquestrianPark.org

This 825-acre park offers 15 miles of equestrian and hiker trails for your use, with future plans for a full-scale public equestrian center.

For detailed maps of Montgomery Parks equestrian trails, visit **MontgomeryTrails.org**.

Equestrian centers are managed by private operators through partnerships with Montgomery Parks (M-NCPPC).

**Montgomery
Parks**
M-NCPPC
It's all right here!



Women's

OUTDOOR WEEKEND

.....
Sept. 5-7, 2008 | Rockwood Manor

It's a "Girls' Weekend" in the Great Outdoors!

New this year!

- Horseback riding at Potomac Horse Center
- Fly fishing
- Fly tying
- Tree identification
- Trap shooting

Plus–

- Rock climbing at Carderock
- Kayaking (beginning & advanced)
- GPS Navigation
- Hiking
- Nature photography
- ...and more!

Now in its third year, the Women's Outdoor Weekend at beautiful Rockwood Manor in Potomac, MD has become a real favorite of adventurous women throughout Montgomery County and beyond! \$235 covers the entire cost of the weekend, including dorm-style lodging, all meals, activities and equipment; add \$50 for a semi-private room. Popular activities fill up fast, so register today at ParkPASS.org (Class #54353).



Visit WeHaveTheWhere.com or call **301-299-5026** for more information.

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Sponsored in part by: **REI**, **Potomac Paddlesports**, and **Potomac Horse Center**



Ice Skating Classes

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-365-2246
CabinJohnIce.com

Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-649-2250 (recording) or 301-649-3640
WheatonIceArena.com

REGISTRATION & CLASS INFORMATION

Cabin John Ice Rink and Wheaton Ice Arena offer ice skating and hockey lessons for all ages and abilities.

- Summer registration dates:
Cabin John: June 10-30
Wheaton: May 15 (classes open until filled)
- No registrations processed before these dates
- Transfer requests will incur a \$5 processing fee.

FOUR WAYS TO REGISTER

- Online at ParkPASS.org
- Call the ParkPASS automated phone system at **301-962-1477** (have your ParkPASS account info handy).
- In person at the rinks until 9pm daily (no phone registrations will be taken at the rinks).
- Mail registration form and payment to the rinks.

COURSE FEES COVER:

- Six 30-minute lessons, or six 45-minute lessons, depending on the class. There are no make-ups or refunds for missed lessons.
- A card good for admission to six or nine practice sessions (depending on the class) during public skating sessions. Practice cards are valid only during the six-week lesson period until the start of the next lesson period. Practice cards are non-transferable, non-refundable, and lost cards will not be replaced.
- Use of rental skates for lessons and practices.

Please read all course descriptions carefully, and select the course that best matches the student's ability and experience.

Tot

The Tot curriculum is designed for children 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide, and snowplow stop.

Tot 1

Students will learn the proper way to fall down and stand up, marching, and marching while moving. Proper skate fitting will also be covered. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

53604	3-4yrs	6 Classes	\$87	7/9	W	10:00am-10:30am
55200	3-4yrs	6 Classes	\$87	7/9	W	4:30pm-5:00pm
53605	3-4yrs	6 Classes	\$87	7/10	Th	10:30am-11:00am
55212	3-4yrs	6 Classes	\$87	7/11	F	4:00pm-4:30pm
53606	3-4yrs	6 Classes	\$87	7/12	Sa	10:00am-10:30am
55208	3-4yrs	6 Classes	\$87	7/13	Su	2:00pm-2:30pm

Wheaton Ice Arena

55007	3-4yrs	3 Classes	\$44	6/12	Th	3:45pm-4:15pm
55008	3-4yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55009	3-4yrs	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55209	3-4yrs	6 Classes	\$87	7/10	Th	3:45pm-4:15pm
55210	3-4yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am
55211	3-4yrs	6 Classes	\$87	7/12	Sa	10:45am-11:15am

Tot 2

Prerequisite: Tot 1. Students will learn two-foot jump in place, forward swizzles (moving and standing still), and beginning two-foot glide. Bicycle helmets strongly recommended for beginners.

Cabin John Ice Rink

53611	3-4yrs	6 Classes	\$87	7/9	W	4:00pm-4:30pm
55077	3-4yrs	6 Classes	\$87	7/9	W	10:00am-10:30am
55199	3-4yrs	6 Classes	\$87	7/10	Th	10:30am-11:00am
55213	3-4yrs	6 Classes	\$87	7/11	F	4:30pm-5:00pm
53612	3-4yrs	6 Classes	\$87	7/12	Sa	11:00am-11:30am
53613	3-4yrs	6 Classes	\$87	7/13	Su	1:30pm-2:00pm

Tot 3

Prerequisite: Tot 2. Students will learn forward swizzles, push and glide stroking, dips, and preparation for the snowplow stop.

Cabin John Ice Rink

53617	3-4yrs	6 Classes	\$87	7/7	M	4:00pm-4:30pm
55215	3-4yrs	6 Classes	\$87	7/11	F	5:00pm-5:30pm
53618	3-4yrs	6 Classes	\$87	7/12	Sa	10:30am-11:00am
53619	3-4yrs	6 Classes	\$87	7/13	Su	1:00pm-1:30pm

On Your First Day of Class:

- Wear one pair of thin socks.
- Wear hats and gloves for protection.
- Helmets are highly recommended for beginning skaters.
- Arrive at the rink 15-20 minutes early.
- Pick up your practice card at the front desk.
- Proceed to the skate exchange and pick up your skates. Try ½ to one size smaller than your regular shoe size.



Parent and Tot Ice Skating

This class will introduce beginning skating skills to toddlers ages 3-5. Parents must have basic skating skills and be willing to participate in on-ice activities with their child. Skills taught include falling down and getting up, marching and marching while moving. Proper skate fitting will also be covered. This class is recommended for children who would like the extra support of Mom or Dad. Bicycle helmet highly recommended for beginners. Please register only the child. Course fee covers one child and one parent.

Cabin John Ice Rink

53623	3-5yrs	6 Classes	\$87	7/8	Tu	10:00am-10:30am
53624	3-5yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am
54800	3-5yrs	6 Classes	\$87	7/12	Sa	10:30am-11:00am
55201	3-5yrs	6 Classes	\$87	7/12	Sa	10:00am-10:30am
55249	3-5yrs	6 Classes	\$87	7/13	Su	1:00pm-11:30pm

Pre-Alpha

These classes are designed for beginners or those with minimal ice skating experience. Participants will learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward.

Pre-Alpha, Preschool

Cabin John Ice Rink

53626	4-6yrs	6 Classes	\$87	7/7	M	4:00pm-4:30pm
53627	4-6yrs	6 Classes	\$87	7/8	Tu	10:30am-11:00am
53628	4-6yrs	6 Classes	\$87	7/8	Tu	4:30pm-5:00pm
53629	4-6yrs	6 Classes	\$87	7/9	W	4:30pm-5:00pm
55075	4-6yrs	6 Classes	\$87	7/9	W	11:00am-11:30am
53630	4-6yrs	6 Classes	\$87	7/10	Th	10:00am-10:30am
53631	4-6yrs	6 Classes	\$87	7/10	Th	6:15pm-6:45pm
53632	4-6yrs	6 Classes	\$87	7/11	F	4:30pm-5:00pm
55218	4-6yrs	6 Classes	\$87	7/11	F	5:30pm-6:00pm
53633	4-6yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am
53634	4-6yrs	6 Classes	\$87	7/12	Sa	10:30am-11:00am
53635	4-6yrs	6 Classes	\$87	7/12	Sa	12:15pm-12:45pm
53636	4-6yrs	6 Classes	\$87	7/13	Su	11:30am-12:00pm
53637	4-6yrs	6 Classes	\$87	7/13	Su	2:00pm-2:30pm

Wheaton Ice Arena

55010	4-6yrs	3 Classes	\$44	6/12	Th	3:45pm-4:15pm
55011	4-6yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55012	4-6yrs	3 Classes	\$44	6/15	Su	10:30am-11:00am
55214	4-6yrs	6 Classes	\$87	7/10	Th	3:45pm-4:15pm
55216	4-6yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am
55217	4-6yrs	6 Classes	\$87	7/13	Su	10:30am-11:00am

Pre-Alpha, Youth

Cabin John Ice Rink

55063	6-12yrs	6 Classes	\$87	7/7	M	4:00pm-4:30pm
53639	6-12yrs	6 Classes	\$87	7/8	Tu	4:30pm-5:00pm
53640	6-12yrs	6 Classes	\$87	7/9	W	4:30pm-5:00pm
55076	6-12yrs	6 Classes	\$87	7/9	W	11:00am-11:30am
53641	6-12yrs	6 Classes	\$87	7/10	Th	10:00am-10:30am
55078	6-12yrs	6 Classes	\$87	7/10	Th	6:15pm-6:45pm
53642	6-12yrs	6 Classes	\$87	7/11	F	4:30pm-5:00pm
53643	6-12yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am
53644	6-12yrs	6 Classes	\$87	7/12	Sa	12:15pm-12:45pm
53645	6-12yrs	6 Classes	\$87	7/13	Su	12:30pm-1:00pm
53646	6-12yrs	6 Classes	\$87	7/13	Su	11:30am-12:00pm
55206	6-12yrs	6 Classes	\$87	7/13	Su	2:00pm-2:30pm

Wheaton Ice Arena

55017	6-12yrs	3 Classes	\$44	6/12	Th	3:45pm-4:15pm
55018	6-12yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55019	6-12yrs	3 Classes	\$44	6/15	Su	10:30am-11:00am
55219	6-12yrs	6 Classes	\$87	7/10	Th	3:45pm-4:15pm
55220	6-12yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am
55221	6-12yrs	6 Classes	\$87	7/13	Su	10:30am-11:00am

Pre-Alpha, Teen

Cabin John Ice Rink

53648	13-17yrs	6 Classes	\$87	7/8	Tu	6:45pm-7:15pm
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Wheaton Ice Arena

55013	13-17yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55222	13-17yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am

Pre-Alpha, Adult

Cabin John Ice Rink

53650	18yrs&up	6 Classes	\$87	7/10	Th	7:45pm-8:15pm
53651	18yrs&up	6 Classes	\$87	7/12	Sa	8:30am-9:00am

Wheaton Ice Arena

55015	18yrs&up	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55223	18yrs&up	6 Classes	\$87	7/12	Sa	10:15am-10:45am

Pre-Alpha Plus

Prerequisite: Pre-Alpha. Participants will learn forward stroking, one-foot glides, forward swizzles with a two-foot glide, backward swizzles and be introduced to snowplow stops.

Pre-Alpha Plus, Preschool

Cabin John Ice Rink

53652	4-6yrs	6 Classes	\$87	7/7	M	4:30pm-5:00pm
53653	4-6yrs	6 Classes	\$87	7/8	Tu	5:45pm-6:15pm
53654	4-6yrs	6 Classes	\$87	7/9	W	10:30am-11:00am
53655	4-6yrs	6 Classes	\$87	7/9	W	5:30pm-6:00pm
53656	4-6yrs	6 Classes	\$87	7/10	Th	4:00pm-4:30pm
53657	4-6yrs	6 Classes	\$87	7/11	F	5:30pm-6:00pm
53658	4-6yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
53659	4-6yrs	6 Classes	\$87	7/12	Sa	10:30am-11:00am
53660	4-6yrs	6 Classes	\$87	7/12	Sa	1:15pm-1:45pm
53661	4-6yrs	6 Classes	\$87	7/13	Su	11:30am-12:00pm
55205	4-6yrs	6 Classes	\$87	7/13	Su	1:30pm-2:00pm

*Pre-Alpha Plus, Preschool (cont.)***Wheaton Ice Arena**

55020	4-6yrs	3 Classes	\$44	6/12	Th	4:15pm-4:45pm
55021	4-6yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55022	4-6yrs	3 Classes	\$44	6/15	Su	11:15am-11:45am
55225	4-6yrs	6 Classes	\$87	7/10	Th	4:15pm-4:45pm
55226	4-6yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am
55228	4-6yrs	6 Classes	\$87	7/13	Su	11:15am-11:45am

*Pre-Alpha Plus, Youth***Cabin John Ice Rink**

55061	6-12yrs	6 Classes	\$87	7/7	M	4:30pm-5:00pm
53662	6-12yrs	6 Classes	\$87	7/8	Tu	5:45pm-6:15pm
53663	6-12yrs	6 Classes	\$87	7/9	W	10:30am-11:00am
53664	6-12yrs	6 Classes	\$87	7/9	W	5:30pm-6:00pm
53665	6-12yrs	6 Classes	\$87	7/10	Th	4:00pm-4:30pm
53666	6-12yrs	6 Classes	\$87	7/11	F	5:30pm-6:00pm
53667	6-12yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
55204	6-12yrs	6 Classes	\$87	7/12	Sa	1:15pm-1:45pm
53668	6-12yrs	6 Classes	\$87	7/13	Su	1:30pm-2:00pm
55207	6-12yrs	6 Classes	\$87	7/13	Su	12:00pm-12:30pm

Wheaton Ice Arena

55023	6-12yrs	3 Classes	\$44	6/12	Th	4:15pm-4:45pm
55024	6-12yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55025	6-12yrs	3 Classes	\$44	6/15	Su	11:15am-11:45am
55231	6-12yrs	6 Classes	\$87	7/10	Th	4:15pm-4:45pm
55232	6-12yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am
55233	6-12yrs	6 Classes	\$87	7/13	Su	11:15am-11:45am

*Pre-Alpha Plus, Teen***Cabin John Ice Rink**

53669	13-17yrs	6 Classes	\$87	7/8	Tu	6:45pm-7:15pm
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Wheaton Ice Arena

55026	13-17yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55234	13-17yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am

*Pre-Alpha Plus, Adult***Cabin John Ice Rink**

53670	18yrs&up	6 Classes	\$87	7/10	Th	7:45pm-8:15pm
53671	18yrs&up	6 Classes	\$87	7/12	Sa	8:30am-9:00am

Wheaton Ice Arena

55027	18yrs&up	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55236	18yrs&up	6 Classes	\$87	7/12	Sa	10:15am-10:45am

Alpha

Prerequisite: Pre-Alpha Plus. Students will learn forward stroking, forward crossover, and snowplow stop.

*Alpha, Preschool***Cabin John Ice Rink**

55049	4-6yrs	6 Classes	\$87	7/7	M	4:30pm-5:00pm
53672	4-6yrs	6 Classes	\$87	7/8	Tu	5:15pm-5:45pm
53673	4-6yrs	6 Classes	\$87	7/9	W	5:00pm-5:30pm
53675	4-6yrs	6 Classes	\$87	7/10	Th	5:45pm-6:15pm
53676	4-6yrs	6 Classes	\$87	7/11	F	5:00pm-5:30pm
53677	4-6yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am
53678	4-6yrs	6 Classes	\$87	7/12	Sa	11:45am-12:15pm
53679	4-6yrs	6 Classes	\$87	7/13	Su	12:30pm-1:00pm

Wheaton Ice Arena

55028	4-6yrs	3 Classes	\$44	6/12	Th	5:00pm-5:30pm
55029	4-6yrs	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55030	4-6yrs	3 Classes	\$44	6/15	Su	11:15am-11:45am
55237	4-6yrs	6 Classes	\$87	7/10	Th	5:00pm-5:30pm
55238	4-6yrs	6 Classes	\$87	7/12	Sa	10:45am-11:15am
55239	4-6yrs	6 Classes	\$87	7/13	Su	11:15am-11:45am

*Alpha, Youth***Cabin John Ice Rink**

53680	6-12yrs	6 Classes	\$87	7/7	M	4:30pm-5:00pm
53681	6-12yrs	6 Classes	\$87	7/8	Tu	5:15pm-5:45pm
53682	6-12yrs	6 Classes	\$87	7/9	W	5:00pm-5:30pm
53684	6-12yrs	6 Classes	\$87	7/10	Th	5:45pm-6:15pm
53685	6-12yrs	6 Classes	\$87	7/11	F	5:00pm-5:30pm
53686	6-12yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am
53687	6-12yrs	6 Classes	\$87	7/12	Sa	11:45am-12:15pm
53688	6-12yrs	6 Classes	\$87	7/13	Su	12:30pm-1:00pm

Wheaton Ice Arena

55031	6-12yrs	3 Classes	\$44	6/12	Th	5:00pm-5:30pm
55032	6-12yrs	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55033	6-12yrs	3 Classes	\$44	6/15	Su	11:15am-11:45am
55241	6-12yrs	6 Classes	\$87	7/10	Th	5:00pm-5:30pm
55242	6-12yrs	6 Classes	\$87	7/12	Sa	10:45am-11:15am
55243	6-12yrs	6 Classes	\$87	7/13	Su	11:15am-11:45am

*Alpha, Teen***Cabin John Ice Rink**

53689	13-17yrs	6 Classes	\$87	7/8	Tu	7:30pm-8:00pm
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Wheaton Ice Arena

55034	13-17yrs	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55244	13-17yrs	6 Classes	\$87	7/12	Sa	10:15am-10:45am

*Alpha, Adult***Cabin John Ice Rink**

53690	18yrs&up	6 Classes	\$87	7/10	Th	8:15pm-8:45pm
53691	18yrs&up	6 Classes	\$87	7/12	Sa	9:00am-9:30am

Wheaton Ice Arena

55035	18yrs&up	3 Classes	\$44	6/14	Sa	10:15am-10:45am
55245	18yrs&up	6 Classes	\$87	7/12	Sa	10:15am-10:45am

Beta

Prerequisite: Alpha. Students will learn backward stroking, backward crossovers and T-stops. Forward crossovers will also be reviewed.

*Beta, Preschool***Cabin John Ice Rink**

53692	4-6yrs	6 Classes	\$87	7/7	M	5:00pm-5:30pm
53693	4-6yrs	6 Classes	\$87	7/8	Tu	4:00pm-4:30pm
53694	4-6yrs	6 Classes	\$87	7/9	W	5:00pm-5:30pm
53695	4-6yrs	6 Classes	\$87	7/10	Th	4:30pm-5:00pm
53696	4-6yrs	6 Classes	\$87	7/11	F	4:00pm-4:30pm
53697	4-6yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
55202	4-6yrs	6 Classes	\$87	7/12	Sa	11:00am-11:30am
53698	4-6yrs	6 Classes	\$87	7/13	Su	12:00pm-12:30pm

*Beta, Youth***Cabin John Ice Rink**

53699	6-12yrs	6 Classes	\$87	7/7	M	5:00pm-5:30pm
53700	6-12yrs	6 Classes	\$87	7/8	Tu	4:00pm-4:30pm
53701	6-12yrs	6 Classes	\$87	7/9	W	5:00pm-5:30pm
53702	6-12yrs	6 Classes	\$87	7/10	Th	4:30pm-5:00pm
53703	6-12yrs	6 Classes	\$87	7/11	F	4:00pm-4:30pm
53704	6-12yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
53705	6-12yrs	6 Classes	\$87	7/12	Sa	11:00am-11:30am
53706	6-12yrs	6 Classes	\$87	7/13	Su	12:00pm-12:30pm

*Beta, Teen***Cabin John Ice Rink**

53708	13-17yrs	6 Classes	\$87	7/8	Tu	7:30pm-8:00pm
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*Beta, Adult***Cabin John Ice Rink**

53709	18yrs&up	6 Classes	\$87	7/10	Th	8:15pm-8:45pm
53710	18yrs&up	6 Classes	\$87	7/12	Sa	9:00am-9:30am

Wheaton Ice Arena

55037	18yrs&up	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55246	18yrs&up	6 Classes	\$87	7/12	Sa	10:45am-11:15am

*Beta, All Ages***Wheaton Ice Arena**

55089	All Ages	3 Classes	\$44	6/12	Th	6:15pm-6:45pm
55090	All Ages	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55091	All Ages	3 Classes	\$44	6/15	Su	10:30am-11:00am
55092	All Ages	6 Classes	\$87	7/10	Th	6:15pm-6:45pm
55093	All Ages	6 Classes	\$87	7/12	Sa	10:45am-11:15am
55094	All Ages	6 Classes	\$87	7/13	Su	10:30am-11:00am

Gamma

Prerequisite: Beta. Students will learn forward outside and inside edges, forward outside and inside 3-turns and be taught hockey stops.

*Gamma, Preschool***Cabin John Ice Rink**

53712	4-6yrs	6 Classes	\$87	7/9	W	4:00pm-4:30pm
55079	4-6yrs	6 Classes	\$87	7/10	Th	5:15pm-5:45pm
53713	4-6yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
55203	4-6yrs	6 Classes	\$87	7/12	Sa	12:45pm-1:15pm

*Gamma, Youth***Cabin John Ice Rink**

53714	6-12yrs	6 Classes	\$87	7/7	M	5:30pm-6:00pm
53715	6-12yrs	6 Classes	\$87	7/9	W	4:00pm-4:30pm
53716	6-12yrs	6 Classes	\$87	7/10	Th	5:15pm-5:45pm
53717	6-12yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
53718	6-12yrs	6 Classes	\$87	7/12	Sa	12:45pm-1:15pm
53719	6-12yrs	6 Classes	\$87	7/13	Su	12:30pm-1:00pm

*Gamma, Teen***Cabin John Ice Rink**

53720	13-17yrs	6 Classes	\$87	7/10	Th	7:15pm-7:45pm
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*Gamma, Adult***Cabin John Ice Rink**

53721	18yrs&up	6 Classes	\$87	7/10	Th	8:45pm-9:15pm
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Wheaton Ice Arena

55051	18yrs&up	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55304	18yrs&up	6 Classes	\$87	7/12	Sa	10:45am-11:15am

*Gamma, All Ages***Wheaton Ice Arena**

55098	4yrs&up	3 Classes	\$44	6/12	Th	6:15pm-6:45pm
55099	4yrs&up	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55100	4yrs&up	3 Classes	\$44	6/15	Su	10:30am-11:00am
55306	4yrs&up	6 Classes	\$87	7/10	Th	6:15pm-6:45pm
55307	4yrs&up	6 Classes	\$87	7/12	Sa	10:45am-11:15am
55308	4yrs&up	6 Classes	\$87	7/13	Su	10:30am-11:00am

Delta

Prerequisite: Gamma. Students will learn forward inside mohawks, backward mohawks, bunny hop, lunge and shoot the duck. Students will also learn a crossover/mohawk combination and review skills from Gamma.

*Delta, Preschool***Cabin John Ice Rink**

55069	4-6yrs	6 Classes	\$87	7/8	Tu	6:15pm-6:45pm
53722	4-6yrs	6 Classes	\$87	7/9	W	6:00pm-6:30pm
53723	4-6yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am

*Delta, Youth***Cabin John Ice Rink**

53724	6-12yrs	6 Classes	\$87	7/7	M	5:30pm-6:00pm
53725	6-12yrs	6 Classes	\$87	7/8	Tu	6:15pm-6:45pm
55074	6-12yrs	6 Classes	\$87	7/9	W	6:00pm-6:30pm
53726	6-12yrs	6 Classes	\$87	7/12	Sa	9:30am-10:00am
53727	6-12yrs	6 Classes	\$87	7/13	Su	1:00pm-1:30pm

*Delta, Teen***Cabin John Ice Rink**

53728	13-17yrs	6 Classes	\$87	7/10	Th	7:15pm-7:45pm
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*Delta, Adult***Cabin John Ice Rink**

53729	18yrs&up	6 Classes	\$87	7/10	Th	8:45pm-9:15pm
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Wheaton Ice Arena

55053	18yrs&up	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55305	18yrs&up	6 Classes	\$87	7/12	Sa	10:45am-11:15am

*Delta, All Ages***Wheaton Ice Arena**

55101	All Ages	3 Classes	\$44	6/12	Th	6:15pm-6:45pm
55102	All Ages	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55103	All Ages	3 Classes	\$44	6/15	Su	10:30am-11:00am
55309	All Ages	6 Classes	\$87	7/10	Th	6:15pm-6:45pm
55310	All Ages	6 Classes	\$87	7/12	Sa	10:45am-11:15am
55311	All Ages	6 Classes	\$87	7/13	Su	10:30am-11:00am



Freestyle

Freestyle 1

Prerequisite: Delta. Students will learn forward inside pivots, two-foot spin, beginning one-foot spin, forward spiral, back edges, half-flip and a waltz jump.

Cabin John Ice Rink

53730	5yrs&up	6 Classes	\$141	7/9	W	6:45pm-7:30pm
53731	5yrs&up	6 Classes	\$141	7/12	Sa	10:15am-11:00am
55301	5yrs&up	6 Classes	\$141	7/19	Sa	11:00am-11:45am

Wheaton Ice Arena

55055	5yrs&up	3 Classes	\$48	6/12	Th	6:45pm-7:15pm
55312	5yrs&up	6 Classes	\$96	7/10	Th	6:45pm-7:15pm

Freestyle 2

Prerequisite: Freestyle 1. Students will learn a ballet jump, half-lutz jump, one foot forward scratch spin, two forward spirals on different edges and a dance step sequence.

Cabin John Ice Rink

53732	5yrs&up	6 Classes	\$141	7/9	W	7:30pm-8:15pm
53733	5yrs&up	6 Classes	\$141	7/12	Sa	10:15am-11:00am
55302	5yrs&up	6 Classes	\$141	7/19	Sa	11:00am-11:45am

Wheaton Ice Arena

55056	5yrs&up	3 Classes	\$48	6/12	Th	6:45pm-7:15pm
55313	5yrs&up	6 Classes	\$96	7/10	Th	6:45pm-7:15pm

Freestyle 3

Prerequisite: Freestyle 2. Students will learn backward pivots, salchow jump, toe loop jump, change foot spin, back spiral, back three-turns and a dance step sequence.

Cabin John Ice Rink

53735	18yrs&up	6 Classes	\$141	7/8	Tu	9:30pm-10:15pm
53734	5yrs&up	6 Classes	\$141	7/12	Sa	10:15am-11:00am

Wheaton Ice Arena

55057	18yrs&up	3 Classes	\$48	6/12	Th	6:45pm-7:15pm
55314	18yrs&up	6 Classes	\$96	7/10	Th	6:45pm-7:15pm

Freestyle 4

Prerequisite: Freestyle 3. Students will learn flip jump, loop jump, sit spin, and two back spirals on different edges. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

Cabin John Ice Rink

53736	5yrs&up	6 Classes	\$141	7/12	Sa	11:00am-11:45am
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Wheaton Ice Arena

55058	5yrs&up	3 Classes	\$48	6/12	Th	7:15pm-7:45pm
55315	5yrs&up	6 Classes	\$96	7/10	Th	7:15pm-7:45pm

Freestyle 4/5 Dance Step

Prerequisite: Passed Freestyle 3 and above. Take all the moves you've learned so far and put them together in this fun specialty class. Students will learn ISI dance step sequence patterns for Freestyle 4 and 5, and must pass this class in order to complete both Freestyle 4 and 5.

Cabin John Ice Rink

53737	5yrs&up	6 Classes	\$96	7/12	Sa	10:30am-11:00am
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Freestyle 5

Prerequisite: Freestyle 4. Students will learn lutz jump, axel jump, camel spin, combination spin (camel-sit-upright), and a fast back stretch spin. In order to complete this level, the student must also pass the dance step sequence class, which is offered separately.

Cabin John Ice Rink

53738	5yrs&up	6 Classes	\$141	7/12	Sa	11:00am-11:45am
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Wheaton Ice Arena

55059	5yrs&up	3 Classes	\$48	6/12	Th	7:15pm-7:45pm
55316	5yrs&up	6 Classes	\$96	7/10	Th	7:15pm-7:45pm

Freestyle 6

Prerequisite: Freestyle 5. Students will learn split, falling leaf, or stag jump, combination jumps, double salchow, lay-back, and spin combinations.

Wheaton Ice Arena

55081	5yrs&up	3 Classes	\$48	6/12	Th	7:15pm-7:45pm
55317	5yrs&up	6 Classes	\$96	7/10	Th	7:15pm-7:45pm

Freestyle 7

Prerequisite: Freestyle 6. Students will learn combination jumps, jumps in opposite directions, flying camel spins, and sequenced double toe loops and double toe walleys.

Wheaton Ice Arena

55080	5yrs&up	3 Classes	\$48	6/12	Th	7:15pm-7:45pm
55318	5yrs&up	6 Classes	\$96	7/10	Th	7:15pm-7:45pm

Specialty Offerings

Moves/Edges

These classes are designed for the Delta level and higher skater. Classes are designed to emphasize power, edge quality, extension of line and quickness or precision of skating movements. USFS moves in the field patterns will also be covered.

Moves/Edges, Beginning

Cabin John Ice Rink

53739	8yrs&up	6 Classes	\$141	7/8	Tu	8:00pm-8:45pm
55299	5yrs&up	6 Classes	\$141	7/12	Sa	10:15am-11:00am

Moves/Edges, Intermediate

Wheaton Ice Arena

55060	8yrs&up	3 Classes	\$48	6/12	Th	6:45pm-7:15pm
55319	8yrs&up	6 Classes	\$96	7/10	Th	6:45pm-7:15pm

Moves/Edges, Intermediate/Advanced

Cabin John Ice Rink

55300	5yrs&up	6 Classes	\$141	7/12	Sa	11:00am-11:45am
53740	8yrs&up	6 Classes	\$141	7/8	Tu	8:45pm-9:30pm

Ice Dancing Fundamentals

This class will introduce you to basic ice dancing steps including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. Students will combine all of these elements by focusing on the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance. Prerequisite: Gamma level or equivalent skating ability.

Cabin John Ice Rink

55303	5yrs&up	6 Classes	\$141	7/7	M	6:00pm-6:45pm
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Ice Hockey

Hockey - Beginner

Students will learn the fundamentals of hockey skating and stick handling. Some hockey equipment required. Please contact facility or visit website for details.

Wheaton Ice Arena

55082	5yrs&up	3 Classes	\$44	6/14	Sa	10:45am-11:15am
55224	5yrs&up	6 Classes	\$87	7/12	Sa	10:45am-11:15am

Hockey - Initiation

Students will learn skating skills, hockey drills, and game rules. Full hockey gear required.

Wheaton Ice Arena

55083	5yrs&up	3 Classes	\$71	6/15	Su	9:45am-10:30am
55229	5yrs&up	6 Classes	\$141	7/13	Su	9:45am-10:30am

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in HOCKEY skates. Skills taught include holding stick correctly, stand in place and hop, forward skating using both feet with a glide, introduce snowplow stop, forward swizzles, back wiggles, one foot glide, superman slide. Equipment required: Caged helmet, elbow and knee pads, gloves, cup, hockey skates (rentals available). Optional: flat stick, hockey gloves, shin guards.

Cabin John Ice Rink

53600	4-5yrs	6 Classes	\$87	7/10	Th	4:00pm-4:30pm
53601	4-5yrs	6 Classes	\$87	7/12	Sa	10:00am-10:30am
53602	6-8yrs	6 Classes	\$87	7/8	Tu	4:45pm-5:15pm
53603	6-8yrs	6 Classes	\$141	7/12	Sa	9:15am-10:00am

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in HOCKEY skates or Mitey Mites 1. Skills taught include forward skating with stick, one foot stride, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide in between, back swizzles and moving superman slide. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads and cup.

Cabin John Ice Rink

53608	4-8yrs	6 Classes	\$141	7/8	Tu	5:15pm-6:00pm
53609	4-8yrs	6 Classes	\$141	7/10	Th	4:30pm-5:15pm
53610	4-8yrs	6 Classes	\$141	7/12	Sa	8:30am-9:15am

Mitey Mites Hockey 3

Prerequisite: Mitey Mites 2. Skills taught include back swizzles with two-foot glide, introduction to forward power turn, forward c-cut, forward crossovers, hockey stop introduction, forward skating while pushing puck and stationary stick handling. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

53614	4-8yrs	6 Classes	\$141	7/8	Tu	4:00pm-4:45pm
53615	4-8yrs	6 Classes	\$141	7/10	Th	5:15pm-6:00pm
53616	4-8yrs	6 Classes	\$141	7/12	Sa	7:45am-8:30am

Mitey Mites Hockey 4

Prerequisite: Mitey Mites 3. Skills taught include forward skating dribbling puck, forward skating backhand only with stick, forward crossovers in a figure-eight pattern, back c-cuts, back crossovers, two-foot three-turn, hockey stop and

back V stop. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

53620	4-8yrs	6 Classes	\$141	7/11	F	3:45pm-4:30pm
53621	4-8yrs	6 Classes	\$141	7/12	Sa	7:45am-8:30am

Mitey Mites Hockey 5

Prerequisite: Mitey Mites 4. Skills taught include forward power skating with proper strides and stick handling, alternating forward crossovers, back crossovers in a figure-eight pattern, forward edges, forward inside mohawks, back skating with stick and puck, back inside mohawks and power turns. Equipment required: Caged helmet, curved blade on stick, hockey gloves, hockey skates (rentals available), elbow pads, knee pads, shin guards, hockey pants and cup.

Cabin John Ice Rink

53622	4-8yrs	6 Classes	\$141	7/12	Sa	7:45am-8:30am
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Hockey 1

Prerequisite: Passed Pre-Alpha in HOCKEY skates. Skills taught include forward stroking, one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glides, walking crossovers, snowplow stop, backward swizzle and an introduction to forward c-cuts. Equipment required: Caged helmet, elbow and knee pads, gloves, cup, hockey skates (rentals available). Optional: flat stick, hockey gloves, shin guards.

Cabin John Ice Rink

53625	9yrs&up	6 Classes	\$87	7/12	Sa	8:00am-8:30am
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Hockey 2

Prerequisite: Passed Pre-Alpha Plus in HOCKEY skates. Skills taught include stationary stickhandling, forward skating with recovery alternating feet, forward c-cuts on a circle, forward crossovers, one-foot snowplow stop, back swizzles with a two-foot glide and an introduction to back c-cuts. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

53638	9yrs&up	6 Classes	\$141	7/12	Sa	8:30am-9:15am
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Hockey 3

Prerequisite: Passed Alpha or above in HOCKEY skates. Skills taught include forward skating with puck forehand and backhand, dribbling puck, crossovers in a figure-eight, back c-cuts, back shuffle stride, back crossovers on a circle, back crossovers straight down ice, hockey stop, V-stops, power turns, two-foot 3-turn, forward edges. Equipment required: Caged helmet, flat stick, hockey gloves, hockey skates (rentals available), elbow pads, shin guards and cup.

Cabin John Ice Rink

53647	9yrs&up	6 Classes	\$141	7/12	Sa	8:30am-9:15am
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Parent and Tot Hockey

A great introduction to hockey for parents and their children (ages 3-5). What's better than learning to pass the puck to Mom or Dad? Basic skating and stick handling skills will be covered. Children must have passed Tot 1 or 2 before registering. Equipment required: Bike helmet (or caged hockey helmet), knee pads, elbow pads and any type of gloves. Rental hockey skates are available and sticks are provided. Please register only the child. Course fee covers one child and one parent.

Cabin John Ice Rink

53599	3-5yrs	6 Classes	\$87	7/12	Sa	8:30am-9:00am
55248	3-5yrs	6 Classes	\$87	7/12	Sa	9:00am-9:30am

Watch The Parks Show on
County Cable Channel 6 to
find out about the best places
in Montgomery County to:

- Hike and camp
- Canoe and kayak
- Ice skate and skateboard
- Play tennis and mini-golf
- Host a wedding, meeting or party
- Reconnect with nature
- Explore the past
- Volunteer...and more!

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Get the
“Outside” Scoop!



Who do **YOU** want to see on TV?

We've auditioned dozens of teens to find the best Park Star
to host our monthly television show...

We've picked the top five and posted their auditions online...

Now **YOU** get to choose!

Check out the audition footage of the top five finalists...

Vote for your favorite by May 15...

One winner will be selected based on your votes!

VOTE! May 1 – May 15

ParkStarSearch.com

Trips & Excursions

Trips and excursions are listed first by the hosting center and then by date of trip.

In order to ensure a pleasant experience for all, please pay close attention to the age requirements for each trip.

Brookside Gardens

Trip: Herbal Garden Tour

Join us on this special tour of two family farm operations. Our first stop is Surreybrooke, specializing in growing a wide range of plants, including rare and unusual annuals, perennials, herbs, trees and shrubs. Throughout the three acres of gardens and nursery, you will find a unique selection of plants (from the old-fashioned to the newest cultivars), unusual pottery and garden ornaments, and several historic buildings, including a summer kitchen and 1750s log cabin. After enjoying some light refreshments in the garden, we'll head to Willow Pond Farm in Pennsylvania. This herb farm grows and sells a wide selection of herb plants and herbal products, including jellies, vinegars, honeys, teas and lavender. Our afternoon will include a tour through the 12 different demonstration herb gardens (including two acres of lavender) and a very special herbal luncheon prepared by the owner. Fee includes coach transportation, entrance fees, lunch and light snacks.

Brookside Gardens

51713 18yrs&up 1 Class \$78 6/4 W 7:45am-6:00pm

Black Hill Visitor Center

Oatlands House & Gardens Tours

Join us on a van trip to Leesburg, VA to tour the Oatlands Historic House & Gardens, a National Historic Landmark. After our tour, we'll provide a picnic lunch on the grounds. Wear comfortable walking shoes. FOBH \$30

Black Hill Visitor Center

55749 18yrs&up 1 Class \$35 6/12 Th 8:30am- 3:30pm

Potomac River Kayak Trip

Immerse yourself in the magnificent scenery and wildlife as we follow the paddle strokes, footsteps and engineering efforts of American Indians, pioneers and early industrial commerce of the Potomac River Valley. Eagles, osprey, cormorants and herons are often spotted flying above; cat-fish, carp and bass can be seen swimming below. This trip will be on Class I moving water. Participants need not have experience on moving water, but must have kayak paddling experience, be comfortable kayaking in flatwater situations for lengths of time, and be able to swim. FOBH \$35.

Black Hill Visitor Center

54305 18yrs&up 1 Class \$40 6/21 Sa 8:30am-5:30pm
54306 18yrs&up 1 Class \$40 7/12 Sa 8:30am-5:30pm
54307 18yrs&up 1 Class \$40 8/30 Sa 8:30am-5:30pm

Van Trip: Clarksburg Wetlands

Visit some wetland sites in the Clarksburg area that are home to our exquisite state butterfly, the Baltimore Checkerspot. Learn how local conservation efforts are helping to restore this species and its habitat, and find out how you can help. Bring binoculars or borrow ours. FOBH \$6.

Black Hill Visitor Center

54700 18yrs&up 1 Class \$8 7/16 W 10:00am-12:00pm

Van Trip: Ponds in Frederick Mts.

We'll visit mountain ponds and streams in the high areas of the Frederick City Watershed to search for wildflowers, butterflies, and dragonflies. We will take short walks of 1/2 mile or less at each location. Bring binoculars and bag lunch/drink. FOBH \$16.

Black Hill Visitor Center

55349 18yrs&up 1 Class \$20 8/6 W 9:00am-3:00pm

Meadowside Nature Center

Baltimore Museums: Part 1

The focus will be part of Baltimore's Festival of Maps as we learn how and why maps are made as well as their role in our lives. At the Historical Electronics Museum, see how radar and other modern technologies are used to create maps. At the Walters Art Museum, tour the special exhibits about maps over the centuries, including images from the Hubble Space Telescope. Bring a bag lunch or money.

Meadowside Nature Center

54859 18yrs&up 1 Class \$28 6/6 F 8:00am-6:00pm

Washington DC by Tourmobile: Part 1

Meet Naturalist Sandy Staples at the Metro Station at Arlington Cemetery to take the Tourmobile through the Cemetery to visit the Tomb of the Unknown Soldier, Arlington House, JFK gravesite and the Visitor Center.

Meadowside Nature Center

54903 18yrs&up 1 Class \$10 6/19 Th 10:00am-1:00pm

Smithsonian's Naturalist Center

We'll visit the Smithsonian Institution's Naturalist Center in Leesburg to explore their extensive natural history collection and participate in a hands-on exercise, identifying an unknown natural treasure. After lunch in Leesburg, we'll visit the Winmill Carriage Collection at Morven Park. Naturalist: Sandy Staples

Meadowside Nature Center

54905 18yrs&up 1 Class \$25 6/24 Tu 8:00am-6:00pm





Fort McHenry & Hampton Mansion

We'll start our journey with a visit to Fort McHenry in Baltimore (birthplace of "The Star-Spangled Banner"), where we'll learn the fort's role in the War of 1812. After lunch, we'll visit the newly renovated Hampton Mansion (c. 1790)—one of the finest examples of Georgian architecture in the U.S.—as well as its gardens, farm and outbuildings, including slave quarters and an overseer's house.

Naturalist: Sandy Staples

Meadowside Nature Center

54908 18yrs&up 1 Class \$27 6/26 Th 8:30am-6:00pm

Gunston Hall/Mason Neck Van Tour

Tour Gunston Hall, the 18th century plantation home of George Mason, proponent for the American Bill of Rights. We'll also visit the nearby Mason Neck State Park to look for butterflies and birds, including the resident bald eagles and herons. Easy hike. Naturalist: Sandy Staples

Meadowside Nature Center

54909 18yrs&up 1 Class \$29 6/30 M 8:00am-6:00pm

Chesapeake Lighthouse Cruise

We'll celebrate the Fourth of July with a 2½ hour cruise of the Chesapeake Bay on the *Lady Sarah* to see the Thomas Point, Sandy Shoal, and Baltimore Shoal Lighthouses. This tour is narrated by a turn-of-the-century lighthouse keeper. Bring your bag lunch or pick up food from the Market House to eat on board. Naturalist: Sandy Staples

Meadowside Nature Center

54912 18yrs&up 1 Class \$58 7/4 F 9:30am-5:00pm

Baltimore Train Museums Van Tour

Visit the B&O Railroad Museum, the birthplace of American railroading, site of the first passenger station and a national treasure of railroad artifacts. After lunch, we'll visit the Ellicott City Station, the original terminus of the first 13 miles of commercial railroad in the United States. Bring your camera and money for lunch. Naturalist: Sandy Staples

Meadowside Nature Center

54913 18yrs&up 1 Class \$36 7/8 Tu 8:00am-6:00pm

Sotterly Plantation Van Tour

We'll visit the only remaining Tidewater plantation with a tour of the 18th century mansion and its gardens, overlooking the Patuxent River. After lunch at nearby St. Mary's College, we'll do a walking tour of St. Mary's City, Maryland's first capital. Bring money for lunch. Naturalist: Sandy Staples

Meadowside Nature Center

54915 18yrs&up 1 Class \$37 7/10 Th 8:00am-6:00pm

Jug Bay on the Patuxent

Discover the wonderful flora and fauna of the magnificent Jug Bay Wetlands! We'll travel by pontoon boat on the Patuxent River and hike on the boardwalk, and dine overlooking the river (bring your own lunch). Naturalist: Sandy Staples

Meadowside Nature Center

54917 18yrs&up 1 Class \$20 7/15 Tu 8:00am-6:00pm



Jefferson Patterson Park

First we'll tour the Maryland Archaeological Conservation Laboratory, which houses Maryland artifacts going back 12,000 years. The Visitor Center and trails will provide insights into the lifestyle of Native Americans, early colonists, the War of 1812 and much more.

Naturalist: Sandy Staples

Meadowside Nature Center

54918 18yrs&up 1 Class \$25 7/17 Th 8:00am-6:00pm

Adult Hike at Monocacy Aqueduct

The Monocacy Aqueduct, a 516-foot stone structure that carries the C&O Canal over the Monocacy River, is considered a major conservation success story and one of the finest canal features in the U.S. We'll begin our hike here, discuss the fascinating history of the aqueduct, the Canal and the Potomac River, and take note of the birds, flowers and butterflies we see along the way. Van transportation from Meadowside provided; bring a picnic lunch.

Meadowside Nature Center

54952 18yrs&up 1 Class \$10 8/1 F 8:30am-2:00pm

Baltimore Museums: Part 2

Our exploration of Maryland history continues at the Maryland Historical Society, with its extensive collections of furniture, silver, glass and more. Bring money for lunch at Mt. Vernon Stable, renowned for its huge variety of sandwiches. Naturalist: Sandy Staples

Meadowside Nature Center

54955 18yrs&up 1 Class \$20 8/7 Th 8:30am-6:00pm

Evergreen Museum/ Civil War Museum Tour

We'll continue exploring early railroad and Maryland history as we visit Evergreen Museum & Library, former home of John W. Garrett, president of the B&O Railroad. After lunch we'll visit the Baltimore Civil War Museum in the restored President Street Station—site of the first casualties of the Civil War. Naturalist: Sandy Staples

Meadowside Nature Center

54956 18yrs&up 1 Class \$30 8/12 Tu 8:00am-6:00pm

Calvert Marine Museum Tour

Discover the natural and cultural history of Southern Maryland, the Chesapeake Bay and Patuxent River at this fine regional museum. We'll tour the museum and Drum Point Lighthouse, cruise the Solomons Inner Harbor and see Solomons Island onboard the *William B. Tennison*—a beautiful 100-year-old bugeye (a two-masted oyster dredge boat). Naturalist: Sandy Staples

Meadowside Nature Center

54960 18yrs&up 1 Class \$33 8/21 Th 8:00am-6:00pm

Make Little Bennett CAMPGROUND

Your Summer Vacation Spot

Want to get away from it all without the hassle and huge expense? Take your family camping at beautiful Little Bennett Campground! It's just an hour or so away from most anywhere in the metro Washington area—but light years away from all the noise, traffic, and commotion.



Vacation at Little Bennett to enjoy:

- Your choice of 91 private, wooded campsites
- 20+ miles of trails to explore
- Truly helpful and friendly staff
- Tent sites only \$21/night; electric sites \$29/night
- Activities for campers only, including:
 - Free family films under the stars
 - Hayrides
 - Crafts
 - Guided nature hikes
 - Ice cream socials
 - Campfire capers
 - Mid-Atlantic Search and Rescue Dogs
 - Nature Room

"Camper-Ready" CAMPING

If you'd like to try camping, but don't have the gear, try our "Camper-Ready Camping" packages! For just \$25 per night (two-night minimum) plus the site fee, we'll set up your site for you with:

- Four-person tent
- Propane stove
- Two camp chairs
- Lantern

BYO bedding, cooking gear and food. One week's advance notice required; call for info and availability.

Special Events

Great American Campout June 27 & 28

Join this nationwide camping celebration and get a special rate at Little Bennett. Reserve your site for 2 nights for only \$35 (save \$71)! Mention code "GAC08" when calling for reservations; offer good on tent sites only.



Mother-Daughter Getaway August 16 & 17

Share the great outdoors with your daughter and other moms and daughters! Sleep under the stars, and enjoy outdoor activities like hiking, orienteering and/or canoeing. \$65 per 2-person site, or \$115 per "camper-ready" site (basic camping equipment provided). Fee includes Saturday night dinner, Sunday morning breakfast, snacks, and all activities. Visit ParkPASS.org (course #55799) for more info.



Little Bennett Campground
23701 Frederick Rd. | Clarksburg, MD 20871
301-972-9222 | LittleBennettCampground.com

**Montgomery
Parks**
M-NCPPC
It's all right here!



Explore **WILD** Montgomery

BLACK HILL VISITOR CENTER

Stonehenge of Montgomery County

Tour Hoyle's Mill Park to view the massive, lichen-encrusted stone monoliths appearing to push out of the ground. This grey weathered rock is really black inside and made of large minerals formed slowly from cooling magma. Join Naturalist Glenn Cummings for more of this story and others as he guides you through a beautiful stream valley full of rock, wildflowers, wildlife and cold bubbling water. Opportunity to see the Giant Swallowtail!

54804 18yrs&up 1 Class Free 6/11 Wednesday 10am-1:30pm

Little Bennett Creek Watershed Walk

Join Parks Department Aquatic Ecologist Doug Redmond for a walk along Little Bennett Creek and its tributaries to discuss the condition of this important watershed and the impacts of local land use. We'll observe some of the creatures that live in the stream, and discuss the county's stream-monitoring program. Easy hike.

55149 18yrs&up 1 Class Free 6/18 Wednesday 10am-12pm

Wild Montgomery Walk: Rachel Carson Park

Bring a bagged lunch and meet at Rachel Carson Park off Zion Road for a leisurely hike. This peaceful park offers meadow and forest habitats for us to explore.

54199 6yrs&up 1 Class Free 7/9 Wednesday 11am-1pm

Wildlife of Little Bennett Park

Join Natural Resources Manager Rob Gibbs for a morning stroll to look for birds and other wildlife in our largest park—Little Bennett. We will discuss management efforts to maintain a wide variety of habitats in order to protect the park's rich biodiversity and to restore uncommon species. Bring binoculars if you have them. Easy hike.

55150 12yrs&up 1 Class Free 8/2 Saturday 8am-10am

Please print your registration confirmation receipt for directions to program meeting locations. Bring water, hat, sunscreen and insect repellent; wear sturdy shoes. All programs are free; advance registration through ParkPASS is required.

MEADOWSIDE NATURE CENTER

Early Morning Hike at Green Farm

Hike with Park Naturalist Sandy Staples on this 200-acre conservation area that was acquired by the Department of Parks in 1975. Witness the conservation efforts and how the wildlife can manipulate their habitat.

Hidden just south of Montgomery Village, it is an excellent natural area where beavers are busy, birds abound, and early summer wildflowers bloom. Moderate hiking. Registration required, please call 301-924-4141. Location: 8711 Snouffer School Road, Gaithersburg, MD. Check out www.MontgomeryTrails.org for more information.

54904 18yrs&up 1 Class Free
6/20 Friday 8:30am-10:30am

Early Morning Hike at the Ag Farm

Join Park Naturalist Sandy Staples at the Agricultural History Farm Park to learn about this historical park, and hike the trails through the local countryside along Rock Creek. Bring water and binoculars. Moderate hiking. Registration required, please call 301-924-4141. Meet at the Activity Center, 18400 Muncaster Road, Derwood, MD 20855. For more information, check out www.MontgomeryTrails.org.

54916 18yrs&up 1 Class Free
7/11 Friday 8:30am-10:30am

BROOKSIDE NATURE CENTER

Explore a Park

Enjoy and explore the county's beautiful wild places with us as part of the Wild Montgomery program. If you're new to the area or just would like to get out for a hike, join a Park Naturalist to hike Blockhouse Point (June 22) and Maydale Park (July 19).

53954 18yrs&up 1 Class Free
6/22 Sunday 9am-11am

53962 18yrs&up 1 Class Free
7/19 Saturday 3:30pm-5pm

LOCUST GROVE NATURE CENTER

Wild Montgomery: Go Bats!

As part of the Wild Montgomery program, our resident bat expert, Leslie Sturges, is taking her show on the road. Join Leslie at Brookside Gardens for a rare opportunity to survey bat fauna in an urban area. We'll use bat detectors to listen to and record bat calls, learn about resident bat species, and more. Meet at Brookside Gardens; rain cancels program. See pages 122 & 123 for more Wild Montgomery events.

55247 5yrs&up 1 Class Free 7/25 Friday 8:30pm-9:30pm

Wild Montgomery: Woodstock Park

Welcome the summer season with a walk in the Agricultural Reserve. We'll head to the Woodstock Equestrian Park, open to riders and hikers alike, and amble approximately 3 miles through meadow and forest habitats while learning about the value of rural landscapes in Montgomery County. Transportation provided from Locust Grove Nature Center.

55050 18yrs&up 1 Class Free 6/6 Friday 9am-12pm

Great Green Getaways

GREAT SPRING WILDFLOWER VIEWING

- 1 C&O Canal National Historical Park

GREAT WATERS FOR CANOEING OR KAYAKING

- 2 Potomac River/C&O Canal, Pennyfield Lock

GREAT BIRD WATCHING SPOT

- 3 Blue Mash Nature Trail

GREAT BUTTERFLY WATCHING SPOT

- 4 Black Hill Regional Park

GREAT FISHING

- 4 Black Hill Regional Park

GREAT URBAN SURPRISE

- 5 NW Branch Stream Valley Park

GREAT VIEWS

- 6 Blockhouse Point Conservation Park
7 C&O Canal National Historical Park

GREAT STRENUOUS HIKE

- 7 Billy Goat Trail, C&O Canal National Historical Park

GREAT MOUNTAIN BIKING AREA

- 8 Schaeffer Farm, Seneca Creek State Park

GREAT WILDLIFE VIEWING

- 9 McKee Beshers Wildlife Management Area

GREAT HISTORY HIKE

- 10 Underground Railroad Experience Trail

GREAT PLACES TO 'Get Away From it All!'

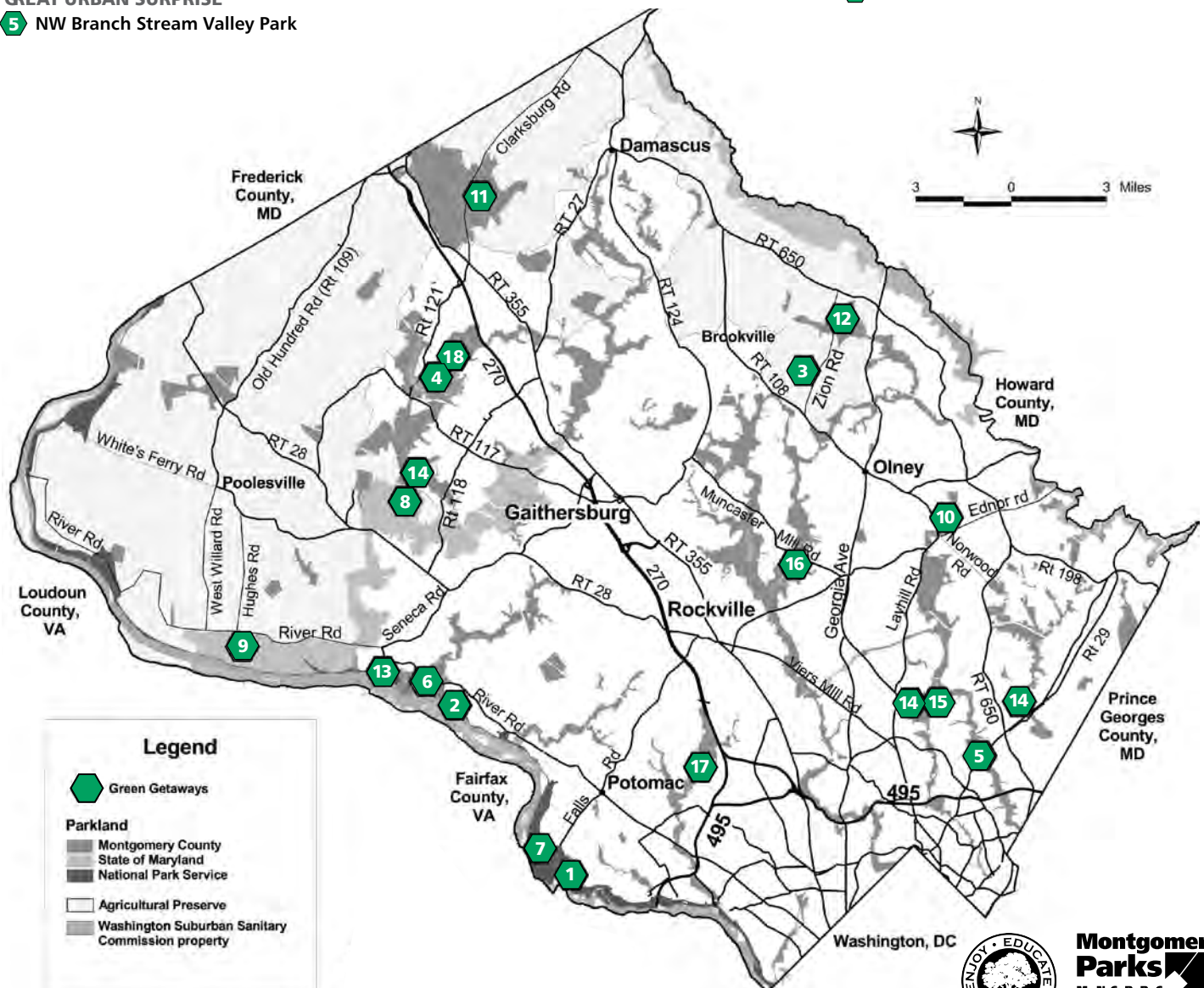
- 11 Little Bennett Regional Park
12 Rachel Carson Conservation Park

GREAT DISABILITY ACCESS HIKES

- 7 C&O Canal National Historical Park
13 Great Falls & "Violette's Lock"
14 Heart Smart Trails
(three trails, visit MontgomeryTrails.org)

MONTGOMERY COUNTY NATURE CENTERS

- 15 Brookside Nature Center
16 Meadowside Nature Center
17 Locust Grove Nature Center
18 Black Hill Visitor Center



WildMontgomery.org



Montgomery Parks
M-N-C-P-P-C
It's all right here!



Nature Centers

Montgomery County Parks has four Nature Centers throughout different areas of the County. Each offers a unique experience of nature with varied programming, locations, and settings. Visit them all!

Black Hill Visitor Center

Boysd, MD 301-916-0220 • BlackHillNature.org

Located on the shores of Little Seneca Lake, Black Hill Visitor Center offers some of the most scenic views in Montgomery County. Join our naturalist staff and share in discoveries that range from scenic vistas to local wildlife, geologic formations, and man's historic and prehistoric past. Learn how to kayak, canoe and fish; observe beavers, bats, fish and over 170 bird species on our wildlife pontoon boat cruise; prowl around in search of salamanders, snakes, frogs, and flying squirrels; and view star clusters, meteor showers and nebulae through our telescopes.

Brookside Nature Center

Wheaton, MD 301-946-9071 • BrooksideNature.org

Nestled within Wheaton Regional Park, Brookside Nature Center offers hands-on, naturalist-led educational experiences for organized groups and the general public. The pioneer homestead, wildlife viewing areas, self-guided trail, accessible interpretive boardwalk, and native landscape gardens add to the center's uniqueness. On-site exhibits showcase local natural and cultural history.

Locust Grove Nature Center

Bethesda, MD 301-299-1990 • LocustGroveNature.org

Located in Cabin John Regional Park, Locust Grove Nature Center offers natural and cultural history programs for adults and children of all ages. Come visit our live animals exhibits, join us for an educational walk, explore miles of trails through woodlands and meadows, or see what's swimming in Cabin John Creek.

Meadowside Nature Center

Rockville, MD 301-924-4141 • MeadowsideNature.org

Located in Rock Creek Regional Park, Meadowside Nature Center offers hands-on natural and cultural history programs for families, schools, and scouts. Join us for a morning on the lake, or a story time on butterflies or box turtles. Experience life on the farm, take a guided night hike through the woods, enjoy our trails, and visit the owls, hawks and American Bald Eagle in our Raptor Aviaries. Crawl through a bat cave or look at the world from a fish's point of view in our "Legacy of the Land" exhibit. Enjoy hands-on exhibits and visit live animals in our "Curiosity Corner" discovery room and "Legacy of the People" exhibits.

Inclement Weather Policy: All Nature Centers follow Montgomery County Public School closures, delayed openings and early releases. If schools are closed due to inclement weather, all Nature Center children's programs are cancelled. Adult programs cancellations will be decided on a case-by-case basis; please call the Nature Center to check the status of your adult class.

Go Wild this Summer!



Discover Montgomery County's Great Green Getaways, including the best places for:

*kayaking – bird watching – fishing – hiking – biking
viewing wildlife and wildflowers – and more!*

See pages 122 and 123 for
Wild Montgomery events this summer

www.WildMontgomery.org



**Montgomery
Parks**
M-C P P C
It's all right here!



Black Hill Visitor Center

Black Hill Regional Park
301-916-0220

20926 Lake Ridge Dr. Boyds, MD 20841
BlackHillNature.org

Open 11am-6pm daily. Trails open daily 6am-official sunset. See p.119 for our Trips & Excursions.

ParkPASS registration required for all programs unless otherwise noted. For group reservations or other assistance, call us!

Toddlers/Preschool Ages 0-6

Storytime on the Lake!

Hop aboard our pontoon boat to explore the fascinating residents of Little Seneca Lake! Storytimes are designed for children ages 3-6, accompanied by an adult. Please register and pay for both adult and children; PFDs are provided for all. Meet at the pontoon boat dock below the Visitor Center, left of the boat rental area.

Bullfrogs!

We're going on a frog hunt! Learn how to make bullfrog sounds ("jug-o'-rum!"), share bullfrog snacks and make a big bullfrog craft. FOBH \$6.

54799 3yrs&up 1 Class \$6 6/3 Tu 1:30pm- 3:00pm

Water Snakes

We'll cruise the lake shore in search of Northern Water Snakes as they emerge from hibernation, learn an easy way to tell them apart from Copperheads, Water Moccasins and Cottonmouths, and make a giant Northern Water Snake craft. FOBH \$5.

54801 3yrs&up 1 Class \$6 6/5 Th 10:00am-11:45am

Damselflies or Dragonflies?

We'll watch these little "dragons" in action, learn how to tell a damselfly from a dragonfly, and more. FOBH \$3

53456 3yrs&up 1 Class \$4 6/10 Tu 1:00pm- 2:15pm

53457 3yrs&up 1 Class \$4 7/10 Th 1:00pm- 2:15pm

53458 3yrs&up 1 Class \$4 8/12 Tu 1:00pm- 2:15pm

School's Out

Celebrate the first day of summer vacation on the pontoon with ice cream, bubbles and naturally good stories. FOBH \$4

53460 3yrs&up 1 Class \$5 6/13 F 12:00pm- 1:15pm

53461 3yrs&up 1 Class \$5 6/13 F 3:00pm- 4:15pm

Monarch Magic

Let these beautiful butterflies cast their spell on you! Hear tales of their journey to and from Mexico, and make a super-fun flying monarch craft. FOBH \$5

54964 3yrs&up 1 Class \$6 8/28 Th 1:00pm- 2:30pm

Crayfish

We'll cruise the lake shore in search of crayfish burrows, learn some "craytoids," and make magnetic crayfish to take home. FOBH \$4

54857 3yrs&up 1 Class \$6 8/12 Tu 10:00am-11:30am

Sky Dragons

Hop on the pontoon boat and keep your eyes peeled for bug-eyed, big-jawed dragonflies! After stories on the boat, we'll make dragonflies to fly home with us. FOBH \$4

54865 3yrs&up 1 Class \$6 8/21 Th 1:00pm- 2:30pm

Nature Centers - Black Hill



Puppet Shows

Join us for an entertaining (and educational!) puppet show highlighting a natural history topic, followed by a hands-on exploration of the real thing. For ages 4-6, accompanied by adult. All programs led by Volunteer Naturalists Peg Dorgan and Judy Briggs.

Honeybees

Learn about honeybees, their life cycle and the roles of worker bees, drones, and queen bees. After the show, kids will get a hands-on view of honeycomb, and look at bees under a magnifying glass. FOBH \$1.

55449 4-6yrs 1 Class \$2 6/14 Sa 1:00pm- 1:45pm

Owls

Learn about an owl's special adaptations for flying and hunting at night. After the show, kids will get a close-up view of an owl's feet, beak, eyes, and feathers. FOBH \$1.

55499 4-6yrs 1 Class \$2 6/28 Sa 1:00pm- 1:45pm

How Seeds Travel

Learn some ways seeds disperse in the fall. After the show, kids will see and touch different types of seeds, and discover how they travel. FOBH \$1.

54860 4-6yrs 1 Class \$2 7/12 Sa 1:00pm- 1:45pm

Spiders

Learn the differences between spiders and insects. After the show, kids will search outside for spiders and their webs. FOBH \$1.

55500 4-6yrs 1 Class \$2 7/26 Sa 1:00pm- 1:45pm



Storytime Under the Big Oak Tree

Take a fun, short hike in the thick, cool forest to visit an ancient oak tree. We'll sit in the shade and hear tales of its long and fascinating life, and stories of other special forest friends. Ages 3-6 w/adult. FOBH \$5

54809 3-6yrs 1 Class \$6 7/1 Tu 10:00am-11:30am

Children/Youth

Ages 6-12

The Beavers of Little Bennett

Take a hike with us to check out the new lodge, dams and mud scent posts created by nature's best engineers. It's fun, food (granola bars, wood chip-covered donuts, and beaver root beer) and adventure for all! Meet at Browning Run Trailhead parking area on Clarksburg Road in Little Bennett Regional Park, 1/2 mile north of Kingsley School House Road parking lot. FOBH \$6

54806 6-12yrs 1 Class \$8 6/4 W 4:00pm-6:00pm

The Fantastic Forest

Join Volunteer Naturalists Donna Marino and Lynn Vetter for a slow-paced stroll through the woods to see and learn about the many components of a forest that help it thrive and make it an ideal home for insects and animals. Meet at gravel parking lot across from the Black Hill public boat ramp. FOBH \$3

54702 6-12yrs 1 Class \$4 6/7 Sa 10:00am-11:30am

In Search of the Blue Crayfish

Years ago, a strange, brilliant blue crayfish was spotted in Little Bennett Creek. Can we find it again? We'll search together, take photographs, and catch stream fish and other creek critters, too. Delicious surprises for all. Children must be accompanied by adult. For detailed directions, print your registration confirmation receipt. FOBH \$8

54805 6-12yrs 1 Class \$10 6/19 Th 2:00pm-4:30pm

Mixed Ages

Ages 0-17

Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Soon insectivorous bats will appear, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. Children must be accompanied by adult. Adult and child must pay. FOBH \$5

53399	6yrs&up	1 Class	\$6	6/5	Th	7:00pm-8:30pm
53400	6yrs&up	1 Class	\$6	6/23	M	7:00pm-8:30pm
53401	6yrs&up	1 Class	\$6	7/9	W	7:00pm-8:30pm
53402	6yrs&up	1 Class	\$6	7/10	Th	7:30pm-9:00pm
54300	6yrs&up	1 Class	\$6	7/18	F	7:15pm-8:45pm
53403	6yrs&up	1 Class	\$6	7/28	M	7:30pm-9:30pm
53404	6yrs&up	1 Class	\$6	8/12	Tu	7:00pm-8:30pm
53405	6yrs&up	1 Class	\$6	8/19	Tu	6:30pm-8:00pm
54299	6yrs&up	1 Class	\$6	8/22	F	7:15pm-8:45pm

Beginning Recreational Kayaking

Kayaking is even more fun that it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control, and more. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. FOBH \$10

53449	12yrs&up	1 Class	\$12	6/7	Sa	9:00am-11:00pm
53450	12yrs&up	1 Class	\$12	6/9	M	6:30pm-8:30pm
54249	12yrs&up	1 Class	\$12	6/12	Th	6:30pm-8:30pm
54250	12yrs&up	1 Class	\$12	6/19	Th	6:30pm-8:30pm
54251	12yrs&up	1 Class	\$12	6/30	M	6:30pm-8:30pm
53451	12yrs&up	1 Class	\$12	7/9	W	6:30pm-8:30pm
53452	12yrs&up	1 Class	\$12	7/10	Th	6:30pm-8:30pm
53454	12yrs&up	1 Class	\$12	7/30	W	6:30pm-8:30pm
54253	12yrs&up	1 Class	\$12	8/2	Sa	1:00pm-3:00pm
53455	12yrs&up	1 Class	\$12	8/14	Th	6:30pm-8:30pm
54252	12yrs&up	1 Class	\$12	8/20	W	6:30pm-8:30pm
54254	12yrs&up	1 Class	\$12	8/23	Sa	1:00pm-3:00pm
53453	12yrs&up	1 Class	\$12	7/19	Sa	9:00am-11:00am

Can You Canoe?

Learn the basic strokes and safe practices for the canoe. Patient instruction and all necessary equipment provided. We'll focus on entries and exits, stroke technique for turning, steering and power strokes, and communication between partners. FOBH \$10.

54302	12yrs&up	1 Class	\$12	6/7	Sa	9:00am-11:00am
54303	12yrs&up	1 Class	\$12	7/19	Sa	9:00am-11:00am
54304	12yrs&up	1 Class	\$12	8/2	Sa	9:00am-11:00am

Fly-Fishing Workshop for Youth

The Seneca Valley Chapter of Trout Unlimited and Montgomery Parks are co-sponsoring a FREE fly-fishing workshop and picnic. All equipment, hands-on instruction and picnic foods provided. ParkPASS registration required.

54949 10-17yrs 1 Class FREE 6/7 Sa 12:00pm-3:30pm

School's Out Fishing Workshop & Contest

We'll share our best basic fishing techniques, tips, and lure choices, and then it's up to you! Will you win a prize? Two age groups: 6-8 yrs and 10-15 yrs. FOBH \$12.

54953 6-15yrs 1 Class \$14 6/13 F 10:00am-1:30pm

Eagle Pontoon Boat Cruise

Learn about the magnificent American Bald Eagle as we troll the lake in search of its resident eagle family, great blue heron, green heron, kingfishers and hawks. Binoculars for adults and monoculars for children provided. Children must be accompanied by adult; all must pay. FOBH \$5.

54999	5yrs&up	1 Class	\$6	6/18	W	10:00am-11:30am
55000	5yrs&up	1 Class	\$6	7/3	Th	1:30pm-3:00pm
55001	5yrs&up	1 Class	\$6	7/29	Tu	10:00am-11:30am
55002	5yrs&up	1 Class	\$6	8/8	F	1:30pm-3:00pm
55003	5yrs&up	1 Class	\$6	8/15	F	10:00am-11:30am
55004	5yrs&up	1 Class	\$6	8/19	Tu	1:30pm-3:00pm

Twilight Canoe or Kayak

Choose your craft for a gentle tour around the lake at the twilight hour with a naturalist. All equipment is provided. Not an instructional program; experience required. FOBH \$10.

53462	12yrs&up	1 Class	\$12	6/18	W	6:30pm-8:30pm
53463	12yrs&up	1 Class	\$12	7/15	Tu	6:30pm-8:30pm
53464	12yrs&up	1 Class	\$12	7/31	Th	6:30pm-8:30pm
53465	12yrs&up	1 Class	\$12	8/18	M	6:30pm-8:30pm
54301	12yrs&up	1 Class	\$12	8/27	W	6:30pm-8:30pm

What in the world is an "FOBH"?

"FOBH"s are "Friends of Black Hill." FOBHs receive discounts on all Black Hill nature programs, enjoy special "Friends-only" events, and help support, promote and sustain the nature programs at Black Hill. To join, visit us on the web at BlackHillNature.org and click on "Becoming a Friend" on the right menu.



River Kayaking Essentials

Naturalist Ken Umbarger teaches beginning paddlers the essentials of recreational kayaking on a gentle (Class I) river. He'll cover strokes, entries and exits, boat control, reading the water, self-rescue, and more. All equipment and transportation provided. Participants must be swimmers. FOBH \$35

54308	12yrs&up	1 Class	\$40	7/1	Tu	8:00am- 5:30pm
54309	12yrs&up	1 Class	\$40	8/21	Th	8:00am- 5:30pm

Ice Cream Sundae Pontoon Boat Cruise

Enjoy a delicious tour of Little Seneca Lake! Take in the summer flowers, butterflies, birds...and hot fudge sundaes. For ages 3 and up. FOBH \$5

54810	3yrs&up	1 Class	\$6	7/30	W	10:00am-11:30am
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Creek Catfishing

Join Naturalist Glenn Cumings as he tracks the monster catfish in Seneca Creek. Wet, muddy fun for all! Transportation provided. FOBH \$16

54853	11-17yrs	1 Class	\$20	7/31	Th	10:00am- 3:00pm
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Nature's Explorers

A program for homeschooled children ages 6 -12 to learn about a different aspect of nature and science. FOBH \$5

54201	6-12yrs	1 Class	\$6	7/31	Th	1:30pm- 3:00pm
54202	6-12yrs	1 Class	\$6	8/14	Th	1:30pm- 3:00pm

Sherbet Ice Cream Pontoon Boat Cruise

Ah! A morning lake cruise: singing birds, colorful butterflies, basking turtles, beautiful wildflowers. Add a dish of sherbet and a breeze...perfect. All must pay. FOBH \$4.

54961	3yrs&up	1 Class	\$5	8/14	Th	10:00am-11:30am
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End of Summer Fishing Workshop & Contest

Check out the latest, greatest lures, watch fishing technique demos, and enter our fishing contest (with prizes!). Two age groups (6-8 & 9-15). Children must be accompanied by adult; fee for children only. FOBH \$10.

54963	6-15yrs	1 Class	\$12	8/22	F	3:00pm- 5:30pm
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Programs for all Ages

Bird Walk for Families: Summer

Join Beth and Keith Hamilton, owners of the Germantown Wild Birds Unlimited, for an afternoon of bird-watching. Bring binoculars or borrow ours. Registration required.

55358	All Ages	1 Class	FREE	6/8	Su	1:00pm- 2:00pm
55359	All Ages	1 Class	FREE	7/13	Su	1:00pm- 2:00pm
55360	All Ages	1 Class	FREE	8/10	Su	1:00pm- 2:00pm

Sunspot Search

First we'll watch a PowerPoint/video presentation about our marvelous middle-aged star (magnetic storms, Northern Lights and more!); then we'll go outside and safely view some sunspots through our telescope and special filters.

54802	5yrs&up	1 Class	FREE	6/17	Tu	10:00am-12:00pm
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Delightful Dragonflies

With their vibrant colors, speed, and agility, dragonflies are among the most fascinating of insects. Learn more about these beautiful predators with volunteer Naturalists: Donna Marino and Lynn Vetter. FOBH \$3.

55501	6yrs&up	1 Class	\$4	7/12	Sa	10:00am-11:30am
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Monster Bluegills & Micro-Tackle

Take a 24-inch ice fishing rod, spool it up with 2 lb. test line and we're ready to go micro-fishing! You'll be amazed at the giant bluegill, crappie and maybe even bass you can catch. We provide the tackle and bait. Bring your camera. FOBH \$6

54958	8yrs&up	1 Class	\$8	8/8	F	8:00am-10:00am
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Hike at Little Bennett Park

Come for a morning hike to observe bluebirds and beavers in Little Bennett Park. Meet at the parking area of Rt. 121, Browning Run and Pine Knob Trails. Wear your bug repellent, sunscreen, hat, and hiking boots, and bring water. FOBH \$3

54200	6yrs&up	1 Class	\$4	8/20	W	8:30am-10:00am
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Adults

A Walk in the Park: Summer

Wed. June 18: **Butterflies in Black Hill Regional Park**
Meet at Black Hill Visitor Center. FOBH \$6

Wed. July 9: **Bluebirds in Little Bennett Regional Park**
Meet at Little Bennett Golf Course clubhouse. FOBH \$6

Wed. August 13: **Dragonflies in Green Farm Park**
Call for meeting place directions. FOBH \$6

55399	18yrs&up	1 Class	\$8	6/18	W	9:30am-11:30am
55400	18yrs&up	1 Class	\$8	7/9	W	9:00am-11:00am
55401	18yrs&up	1 Class	\$8	8/13	W	10:00am-12:00pm

For Women Only Fishing Workshop

Monday we'll visit Basspro's Outdoor World for a comprehensive fishing overview (meet at the Visitor Center, and we'll go together by van). Wednesday we'll go over tackle, knots, how to read the waters, and lure selection. On Saturday, we fish! First we'll practice fishing at Little Seneca Lake, then travel to a beautiful river for stream fishing. 3 sessions: Mon. 8/11, 6-10:30pm; Wed. 8/13, 7-10:30pm; and Sat. 8/16 9am-7pm. FOBH \$45

54959	18yrs&up	3 Classes	\$50	8/11	M, W, Sa	times above
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Volunteer Naturalist Training: Summer

Fri. & Sat., August 15 & 16, 9:30am-4:30pm each day (rain date Sun., Aug. 17, 1-4pm) This two-day session for current and new Volunteer Naturalists will focus on identification and life stages of local dragonflies and damselflies. Strong emphasis on outdoor field experiences, with some classroom instruction. We'll practice using aquatic nets, aerial nets, field microscopes, and field guides. Transportation to local streams, ponds and marshes included.

55351	18yrs&up	2 Classes	FREE	8/15	F, Sa	9:30am- 4:30pm
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Breakfast by Kayak

Take in the quiet magic of early morning on the lake in a kayak. Enjoy the flowers, birds, deer, and delicious toasted bagels and cream cheese and juice on the water. For adults with previous kayaking experience.

54863	18yrs&up	1 Class	FREE	8/20	W	5:45am- 7:45am
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Evening Lecture Series: Summer

June 10: "Frog Watch" presented by Sue Muller, Resource Specialist for Howard County Parks (sponsored by the National Wildlife Federation) FOBH \$4

Aug. 12: "Dragonflies of Maryland" presented by June Tveekram, Coordinator of the Annual Howard County Dragonfly Count. FOBH \$4

55352	10yrs&up	1 Class	\$5	6/10	Tu	7:00pm- 8:30pm
55354	10yrs&up	1 Class	\$5	8/12	Tu	7:00pm- 8:30pm

Friends of Black Hill Monthly Meetings

If you love nature and live nearby, join us! This great group of folks supports and promotes nature programs and special events offered through the Black Hill Visitor Center. Monthly meetings feature a short presentation on a natural history topic by a Black Hill naturalist, and discussions on park programming and other issues. Meet at Black Hill Visitor Center. Free, no registration required.

55355	6yrs&up	1 Class		6/24	Tu	6:30pm- 8:30pm
55356	6yrs&up	1 Class		7/22	Tu	6:30pm- 8:30am



Brookside Nature Center

Wheaton Regional Park
301-946-9071

1400 Glenallan Ave.

Wheaton, MD 20902
BrooksideNature.org

Center is open Tuesday through Saturday, 9am-5pm and Sunday 1-5pm.
Trails open daily, dawn to dusk. Registration is required for all programs unless stated otherwise.

See page 146 for our Summer Camps!

Toddlers/Preschool

Ages 0-6 yrs (Reservations required.)

Pre-K Afternoon Walks

Use your eyes and ears on a series of walks to find out where plants and animals live.

53855	3-5yrs	1 Class	\$3	6/3	Tu	1:30pm-2:15pm
53856	3-5yrs	1 Class	\$3	6/4	W	1:30pm-2:15pm
53857	3-5yrs	1 Class	\$3	6/5	Th	1:30pm-2:15pm

Fill the Feeders

Hike with us and help fill feeders with seeds for the birds.

53861	2-5yrs	1 Class	FREE	6/8	Su	12:15pm-1:00pm
53862	2-5yrs	1 Class	FREE	6/29	Su	12:15pm-1:00pm
53863	2-5yrs	1 Class	FREE	7/13	Su	12:15pm-1:00pm
53864	2-5yrs	1 Class	FREE	8/10	Su	12:15pm-1:00pm

Red, White and Bluebirds

Get ready for the Fourth of July by looking and listening for birds with red, white and blue feathers. Find out how to help our all-American native bird friends.

54149	3-5yrs	1 Class	\$3	7/1	Tu	10:30am-11:15am
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Down Under

Peek under logs and dig up dirt to find pillbugs and worms.

54166	3-6yrs	1 Class	\$4	7/22	Tu	1:00pm-2:00pm
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Pre-K Art and Adventure

We'll explore our trails then make a picture or craft to take home. Each day has a different topic.

54184	3-5yrs	1 Class	\$5	8/20	W	10:30am-11:15am
54185	3-5yrs	1 Class	\$5	8/22	F	10:30am-11:15am

ABC Hike

A is for acorn, B is for butterfly...hike outside to find natural objects that begin with each letter of the alphabet.

54191	3-6yrs	1 Class	\$4	8/30	Sa	9:30am-10:30am
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Children & Youth

Ages 6-12

Reservations required. Under age 8 attend with adult.

Geology in Your Own Backyard

Learn what's under the ground by looking at what's on it! Bring a shoebox and top to start your own rock collection.

54151	6-12yrs	1 Class	\$5	7/2	W	3:00pm-4:00pm
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Fishing at Maydale

Learn some fishing basics. Bring your own rod, or borrow ours; we'll supply bait and tackle. Meet at Maydale Park.

55599	6-10 yrs	1 Class	\$9	6/27	F	8:30am-10:30am
54159	6-10yrs	1 Class	\$9	7/11	F	8:30am-10:30am
55600	6-10yrs	1 Class	\$9	8/22	F	8:30am-10:30am

Fishing at MLK Jr. Pond

Bring your own rod or borrow one of ours to learn the basics of fishing. We'll supply bait and tackle. Meet at the pond across from the outdoor pool.

55601	6-10yrs	1 Class	\$9	7/24	Th	8:30am-10:30am
54635	6-10yrs	1 Class	\$9	8/15	F	8:30am-10:30am

Children's Art and Adventure

Get creative and try your hand at nature arts and crafts, then we'll explore a lesser-known park trail.

54350	6-12yrs	1 Class	\$5	8/19	Tu	10:30am-11:30am
54351	6-12yrs	1 Class	\$5	8/21	Th	10:30am-11:30am

Dragonflies

Learn fun dragonfly facts as we search for dragonflies in the park.

54190	6-12yrs	1 Class	\$4	8/30	Sa	11:00am-12:00pm
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Puppet Shows

Reservations required.

Look What I Found

Billy and Sally spend a day finding forest and meadow mysteries.

53849	1-12yrs	1 Class	\$2	6/3	Tu	12:30pm-1:00pm
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Puppet Show and Marshmallows

Roast marshmallows over the campfire, then watch the show!

53901	1-12yrs	1 Class	\$3	6/18	W	7:30pm-8:15pm
53902	1-12yrs	1 Class	\$3	7/22	Tu	7:00pm-7:45pm

Insects

Six legs, three body parts, an exoskeleton, I'm an insect! Meet lots of different insects and their kin.

53850	1-12yrs	1 Class	\$2	7/9	W	1:30pm-2:00pm
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Wake Up, It's Nighttime

Join a curious bumblebee and see what's going on after dark.

53851	1-12yrs	1 Class	\$2	8/27	W	10:30am-11:00am
53852	1-12yrs	1 Class	\$2	8/27	W	1:00pm-1:30pm



Mixed Ages

Ages 0–17 yrs

Reservations required. Under age 8 attend with adult.

Cosmic Kids

Let the cosmos amaze you! Each session covers a different topic and hands-on activity.

53868	8-14yrs	1 Class	\$4	6/17	Tu	4:00pm-5:00pm
53869	8-14yrs	1 Class	\$4	6/18	W	4:00pm-5:00pm
53870	8-14yrs	1 Class	\$4	7/22	Tu	4:00pm-5:00pm
53871	8-14yrs	1 Class	\$4	7/23	W	8:00pm-9:00pm
53872	8-14yrs	1 Class	\$4	8/2	Sa	10:00am-11:00am
53873	8-14yrs	1 Class	\$4	8/3	Su	12:00pm-1:00pm

Wonderful Wiggly Worms

Explore the world of worms through a story, hike and snack. Please call us about any food allergies or restrictions.

53904	2-12yrs	1 Class	\$5	6/21	Sa	10:00am-11:00am
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Riley's Lock Ramble

Join the naturalist on a stroll along the C&O Canal in search of summer sights.

54158	4-15yrs	1 Class	\$6	7/10	Th	10:30am-12:00pm
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We're Goin' on a Bug Hunt!

What creepy, crawly, cool critters will we come across?

54160	4-15yrs	1 Class	\$4	7/12	Sa	10:30am-11:30am
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Worm Farming!

Learn about these wiggly wonders, and make a worm farm to take home.

54161	3-12yrs	1 Class	\$5	7/12	Sa	2:00pm-3:00pm
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Wind Energy Engineering Workshop

Build your own working wind turbine and learn how to harness the wind for electric power—a renewable, clean energy source. Presented by Montgomery County Department of Environmental Protection. Parent must accompany child.

54164	8-14yrs	1 Class	FREE	7/20	Su	2:00pm-4:00pm
54165	8-14yrs	1 Class	FREE	8/9	Sa	2:00pm-4:00pm

Programs for All

Reservations required for all; no fee for adults unless noted.

Movies and Marshmallows

Roast marshmallows and watch a movie under the stars. No reservations required. Rain cancels program.

53853	All ages	1 Class	FREE	6/6	F	8:30pm-9:30pm
53854	All ages	1 Class	FREE	8/29	F	7:30pm-8:30pm

Flower Print Cards

Using a hammer, flowers petals, and leaves, create beautiful and unique cards and stationary. Fee is per crafter.

53859	7yrs&up	1 Class	\$5	6/7	Sa	10:30am-11:30am
53860	7yrs&up	1 Class	\$5	8/9	Sa	10:30am-11:30am

Bat Campfire at Maydale

Do bats want to nest in your hair or drink your blood? Roast marshmallows, view bats from our hilltop perch, and find out the answers and more. Rain cancels program. No reservations required. Fee is per marshmallow stick.

53866	All ages	1 Class	\$1	6/12	Th	8:30pm-9:30pm
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Bird Walk at Maydale

Listen for birdsongs and look for places they forage and live.

53952	4yrs&up	1 Class	\$4	6/14	Sa	10:30am-11:30am
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Nature Hike

Enjoy a short hike as we explore around the nature center.

53865	All ages	1 Class	\$4	6/10	Tu	4:00pm-5:00pm
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Picnic in the Park & Stream Exploring

School's out! Pack a lunch, roast marshmallows for dessert, then get wet searching for crayfish, minnows and more.

53867	All ages	1 Class	\$6	6/13	F	12:00pm-1:30pm
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Signs and Signals at Maydale

Find out what happens in the meadow and pond as the season changes, and how animals use their plumage and voices to send signals to each other.

53953	All ages	1 Class	\$4	6/14	Sa	2:00pm-3:00pm
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Volunteer Cookout & Campfire Training

Learn how to help out at our campfire programs, then join us for a cookout. Bring your own hotdogs and buns; we'll supply the condiments and marshmallows. For BNC volunteers and volunteer applicants only.

53951	All ages	1 Class	FREE	6/15	Su	5:00pm-7:00pm
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Flying Squirrels

Catch a glimpse of these nighttime gliders and find out how they live. No reservations required. Rain cancels program.

53899	All ages	1 Class	FREE	6/17	Tu	8:30pm-9:15pm
53900	All ages	1 Class	FREE	8/19	Tu	8:15pm-9:00pm

Stream Splash

Explore the stream with aquatic nets looking for crayfish, salamanders, fish, insects, and more! Wear old shoes or water shoes (no flip-flops or sandals).

53905	All ages	1 Class	\$4	6/21	Sa	3:00pm-4:00pm
53906	All ages	1 Class	\$4	7/13	Su	5:00pm-6:00pm
54170	All ages	1 Class	FREE	7/27	Su	11:00am-12:00pm
53907	All ages	1 Class	\$4	8/3	Su	5:00pm-6:00pm

Frog Frolic at Maydale

Muck around the pond in search of frogs and their friends.

53956	All ages	1 Class	\$4	6/24	Tu	8:15pm-9:15pm
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Dinner with the Bugs

Bring hot dogs and buns; we'll supply the fixin's. Then we'll take nets to the meadow and look for what "bugs" us.

54541	All ages	1 Class	\$6	6/28	Sa	5:00pm-6:30pm
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Beaver Pond

Beavers have been busy at the pond in Martin Luther King Park. Learn about beavers and look for signs of their work.

54150	All ages	1 Class	\$3	7/1	Tu	7:30pm-8:15pm
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Maydale Park

Some of our programs take place at Maydale Park (aka Maydale Nature Center).

It's located at 1638 Maydale Drive in Silver Spring, MD 20905 (off Briggs Chaney Road and Claude Lane).



Nature Sparkles

Make a craft that sparkles as brightly as nature!

54153 All ages 1 Class \$5 7/5 Sa 2:00pm-3:00pm

Campfire and Pond Walk

Bring your own hotdogs and rolls; we'll supply fixin's and marshmallows. Then visit our ponds to find out about watery nightlife.

54154 3yrs&up 1 Class \$6 7/5 Sa 5:30pm-7:00pm

Flying Squirrel Campfire

No, we won't roast the squirrels, but we will watch for these nighttime flyers. Rain cancels program. No reservations required. Fee is per marshmallow stick.

54157 All ages 1 Class \$1 7/8 Tu 8:30pm-9:30pm

Full Moon Hike at Maydale

Check out the trails and wildlife by moonlight!

54162 5yrs&up 1 Class \$4 7/16 W 8:30pm-9:30pm

Butterflies and More

We'll learn about insects through fun activities, inside and out, then walk to the Wings of Fancy butterfly exhibit.

54167 3yrs&up 1 Class \$10 7/26 Sa 1:00pm-2:30pm

54168 3yrs&up 1 Class \$10 8/29 F 10:00am-11:30am

Old-Fashioned Fun!

Join us at our pioneer cabin to make hand-cranked ice cream, old-fashioned candles, and hand-churned butter.

54169 2yrs&up 1 Class \$8 7/26 Sa 4:30pm-6:00pm

Creature Feature

Have you ever seen a salamander or a box turtle? Meet and greet some of our resident reptiles and amphibians up close.

54172 All ages 1 Class FREE 7/27 Su 1:00pm-1:45pm

54173 All ages 1 Class \$4 8/6 W 10:30am-11:30am

Furry Friends

Join Sam Connelly of Pure Gold Pet Trackers and her furry friends to find out how to track lost pets, what to do if your pet gets lost and why domestic and wild animals don't mix well.

54174 All ages 1 Class FREE 7/27 Su 3:00pm-4:00pm

Summer Meadow

Our meadow is home to deer, birds, insects, wildflowers and even bats! Come explore as the sun sets.

54175 All ages 1 Class FREE 7/29 Tu 7:00pm-8:00pm

Explore a Stream at Maydale

Hike to a shady stream and search for fish, crayfish, insects and more. Wear shoes and clothes that can get wet.

54176 2yrs&up 1 Class \$4 8/2 Sa 2:00pm-3:00pm

Summer Wildflower Walk

Learn about native wildflowers in our gardens and meadow.

54179 7yrs&up 1 Class \$4 8/16 Sa 10:00am-11:00am

Forest Kings and Queens

Make a crown for your head out of leaves, vines and flowers.

54180 All ages 1 Class \$4 8/16 Sa 1:00pm-2:00pm

Bird Browse

Drop in during program hours to see our bird nest collection and try hands-on activities with feathers & beaks. No reservations required.

54181 All ages 1 Class FREE 8/17 Su 2:00pm-4:00pm

Family Flower Craft

Use fresh and dried flowers to make two beautiful crafts.

54186 All ages 1 Class \$5 8/23 Sa 10:30am-11:30am

Fox Family in Summer

Hike in the woods to look at where foxes and their babies live and play. Find out how baby foxes grow up.

54352 3yrs&up 1 Class \$4 8/23 Sa 2:00pm-3:00pm

Insect Bingo

Stop by during program hours and get a bingo card with insect pictures, then look for bugs and their homes. Bingo! No reservations required.

54192 All ages 1 Class FREE 8/31 Su 2:00pm-4:00pm

Adults

Ages 18 and up (Reservations required.)

Evening Birdsong Walk

Listen for a variety of birdsongs in our forest and meadow as dusk falls, and learn what birds do at night.

53858 18yrs&up 1 Class FREE 6/5 Th 7:00pm-8:00pm

Explore a Park

Enjoy and explore the county's beautiful wild places with us as part of the Wild Montgomery program. If you're new to the area or just would like to get out for a hike, join a Park Naturalist to hike Blockhouse Point (June 22) and Maydale Park (July 19). See pages 122 & 123 for more info.

53954 18yrs&up 1 Class FREE 6/22 Su 9:00am-11:00am

53962 18yrs&up 1 Class FREE 7/19 Sa 3:30pm-5:00pm

Rachel Carson Park Hike

Explore meadow, stream and forest in a 2-3 mile hike.

53955 18yrs&up 1 Class \$8 6/24 Tu 10:00am-12:00pm

Ladies Hike Out

Want to hike but don't know where to go? Meet other adult women and hike some park trails together.

53959 18yrs&up 1 Class FREE 6/28 Sa 10:00am-1:00pm

Adult Forest and Meadow Walk

Ramble through our forest and meadow and get acquainted with our plants and animals.

54155 18yrs&up 1 Class FREE 7/6 Su 11:00am-12:00pm

Outdoor Living Skills

Learn basic skills for surviving in the wild, or make your next camping trip easier and more fun. A naturalist will teach different outdoor living skills at each class.

54177 16yrs&up 1 Class \$10 8/5 Tu 6:30pm-8:30pm

54178 16yrs&up 1 Class \$12 8/20 W 6:00pm-7:30pm

Adult Stream and Pond Walk

Ramble along ponds and streams and get to know our water-dwelling and bankside plants and animals.

54188 18yrs&up 1 Class FREE 8/24 Su 11:00am-12:00pm

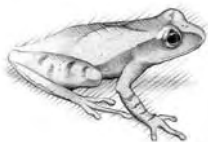
Birding at Blue Mash Trail

See which birds are active as we stroll the trails at Blue Mash. Bring binoculars and wear shoes that can get muddy.

54189 18yrs&up 1 Class \$6 8/28 Th 8:00am-9:30am

Pond Study

Come see what lives in and around the pond. Wear shoes that you don't mind getting wet.



54163 2-12yrs 1 Class
\$6 7/19 Sa
10:00am-11:30am



Locust Grove Nature Center

Cabin John Regional Park
301-299-1990

7777 Democracy Blvd. Bethesda, MD 20817
LocustGroveNature.org

Open Tuesday – Saturday, 9am-5pm. Trails open daily, dawn to dusk.

Registration is required for all programs unless stated otherwise.

Children under 8 must be accompanied by an adult.

Toddlers/Preschool

Ages 0–6

Tot Time: Dig It!

Grab that trowel, seize that spoon and let's dig in the soil to discover the wonders beneath our feet!

55052 1-3yrs 1 Class \$3 6/11 W 11:15am-12:00pm

Tot Time: Rocking Down the Trail

We'll do just about everything a toddler can do with rocks and pebbles (except eat them) in this hands-on, beginning geology class.

55062 1-3yrs 1 Class \$4 7/12 Sa 11:15am-12:00pm

Raindrops to Rainbows

How are rainbows formed? Are all rainbows the same colors? Follow the adventures of a raindrop and the sun to see how all of the colors of a rainbow are formed. Colorful craft included.

55073 2-6yrs 1 Class \$4 8/5 Tu 10:00am-11:00am

Tot Time: Dropping in on Water!

Soft or hard, hot or cold, water is a wonderful medium to explore and play in. We'll accompany our youngest naturalists as they experience the many properties of the world's most essential element.

55065 1-3yrs 1 Class \$4 8/6 W 11:15am-12:00pm

Butterflies in the Garden

Discover the relationship between butterflies and flowers and caterpillars and leaves as we probe through our bustling butterfly garden.

55066 3-6yrs 1 Class \$4 8/8 F 10:00am-11:00am

Children & Youth

Ages 6–12

Water Explorers

Learn about the nature and behavior of water and meet some of our local underwater residents. We'll get into the stream, nets in hand, and actively explore. Children under 8 must have an adult accompany them in the stream. All participants must wear shoes that can get wet (no open-toed shoes) and all participants must register; no fee for adults.

55087 6-12yrs 1 Class \$4 8/12 Tu 10:30pm-11:30pm

Mixed Ages

Ages 0–17

Jack's Garden

Enter our naturalist's garden and listen to Jack's story. After hearing about his garden, plant a small garden of your own to take home.

55084 3-12yrs 1 Class \$5 6/19 Th 10:30am-11:30am

Meet the Animals of Locust Grove

What do the animals at Locust Grove Nature Center eat? Where did they come from? Learn about the animals' natural habits and habitats, meet and watch them eat. All children must be accompanied by an adult.

55086 3-12yrs 1 Class \$3 8/1 F 1:00pm-1:45pm

Programs for All



Fireside Lunch Club

Get summer off to a fanciful start with our Hawaiian fireside lunch. The menu features fresh pineapple, coconut (we'll crack open our own), hot dog kebabs and other exotic treats. All children must be accompanied by an adult and all attendees must pay.

55070 3yrs&up 1 Class
\$6 6/6 F
10:30am-12:00pm



Programs for All (cont.)

Cabin John Regional Park

Visit the nature table in the playground area off Tuckerman Lane, and find out what's happening in the park this month. No reservations required.

55071	1yrs&up	1 Class	FREE	6/12	Th	1:00pm-2:00pm
55072	1yrs&up	1 Class	FREE	8/8	F	10:00am-11:00am

Copperhead!

Learn all about Montgomery County's only venomous snake.

55227	5yrs&up	1 Class	FREE	6/21	Sa	1:00pm-2:00pm
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Pollination Power

Bring the family to find out how plants use deceit and trickery to lure their pollinators into doing a big job for very little pay! All attendees must register and pay.

55230	5yrs&up	1 Class	\$2	6/25	W	7:00pm-8:00pm
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Nature's Dangers (or not?)

What's really out there in the woods? Giant man-eating iguanas? Tigers? Great leaping lemurs? Find out what really lives here and what, if anything, represents a true danger to us.

55104	5yrs&up	1 Class	\$2	7/2	W	6:30pm-7:30pm
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Beach Sculptures

Calling all artists! Come to the sandbar in Cabin John Creek to let loose your inventive impulses! Using found materials, the inspiration of Andy Goldsworthy and the muses of sun and water, we'll build sculptures in nature, for nature, and of nature! Wear water-worthy shoes. No younger siblings, please.

55054	5yrs&up	1 Class	\$4	7/12	Sa	2:00pm-3:00pm
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Summer Firefly Hike

Come learn about the beetles with built-in flashlights as we wander at dusk to watch the fireflies light up. All participants must register and pay.

55064	4yrs&up	1 Class	\$2	7/16	W	7:45pm-9:00pm
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Sunset at the Stream

Come over to cool off in Cabin John Creek. We'll puddle and poke around to look for creek dwellers. Wear sturdy, close-toed shoes that can get wet. All participants must register and pay. No younger siblings, please.

55235	5yrs&up	1 Class	\$2	7/22	Tu	7:00pm-8:30pm
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From Cow to Cone

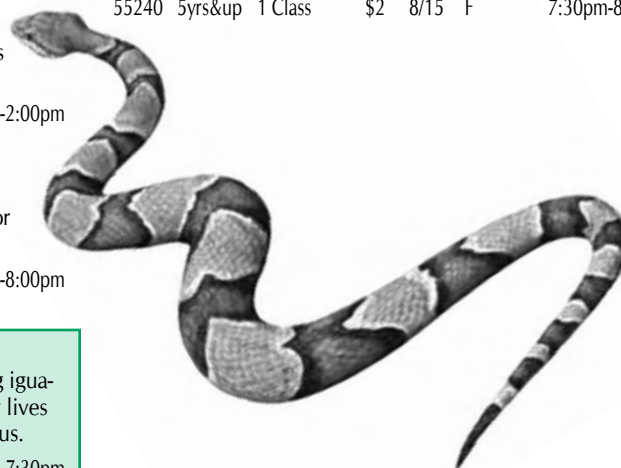
Bring the whole family to this program and follow the milk route from the cow to ice cream cone. We'll make our own ice cream in a variety of ways. From the old-fashioned crank to the fast-rolling ball—come mix it, churn it, roll it and taste it. All attendees must register and pay.

55097	2yrs&up	1 Class	\$4	8/14	Th	1:00pm-2:30pm
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Summer Bugs

We love bugs and we want to share our appreciation of these (mostly) winged wonders. Bugs are easy to find and fun to watch. And anyone can learn enough to impress friends and neighbors with their entomological expertise. All participants must register and pay.

55240	5yrs&up	1 Class	\$2	8/15	F	7:30pm-8:30pm
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Wild Montgomery: Go Bats!

As part of the Wild Montgomery program, our resident bat expert, Leslie Sturges, is taking her show on the road. Join Leslie at Brookside Gardens for a rare opportunity to survey bat fauna in an urban area. We'll use bat detectors to listen to and record bat calls, learn about resident bat species, and more. Meet at Brookside Gardens; rain cancels program. See pages 122 & 123 for more Wild Montgomery events.

55247	5yrs&up	1 Classes	Free	7/25	F	8:30pm-9:30pm
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Adults

Wild Montgomery: Woodstock Park

Welcome the summer season with a walk in the Agricultural Reserve. We'll head to the Woodstock Equestrian Park, open to riders and hikers alike, and amble approximately 3 miles through meadow and forest habitats while learning about the value of rural landscapes in Montgomery County. Transportation provided from Locust Grove Nature Center.

55050	18yrs&up	1 Class	FREE	6/6	F	9:00am-12:00pm
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Meadowside Nature Center

Rock Creek Regional Park
301-924-4141

5100 Meadowside Lane

Rockville, MD 20855
MeadowsideNature.org

Open Tuesday-Friday 9am-5pm; Saturday 9am-5pm. Trails open daily dawn to dusk.

See p.119 for Meadowside Nature Center's Trips & Excursions.

Toddlers/Preschool

Ages 0-6yrs

Storytime: "Salamander's Room"

What sometimes has stripes or spots? What lives in water, then on land? Join Naturalist Sandy Staples as we explore the tiny world of a salamander with a story and craft.

54899 3-6yrs 1 Class \$5 6/10 Tu 1:30pm- 2:30pm

Storytime: "Box Turtle At Long Pond"

Turtles come in all shapes and sizes. Join Naturalist Sandy Staples and meet some live turtles at Meadowside. After the story, make a craft to take home, and hike down to the pond to see if the turtles are out in the sun.

54901 3-6yrs 1 Class \$5 6/12 Th 9:30am-10:30am

Storytime: "The Very Clumsy Click Beetle"

Explore the miniature world of insects and hike through the woods to find examples of different bugs and their habitats. Each participant will take home an insect larva to watch it change into an adult. Naturalist: Sandy Staples

54902 3-6yrs 1 Class \$6 6/17 Tu 9:30am-10:30am

Storytime: "What the Sea Saw"

Explore the magical world of the ocean and its different habitats including the shores as we discuss the animals and plants that live there. Story and craft.

Naturalist: Sandy Staples

54914 3-6yrs 1 Class \$5 7/9 W 1:30pm- 2:30pm

Storytime: "A Snake in the House"

Snakes can be scary if you don't know anything about them. Now is your chance to meet a live snake up close after the story and craft. Parents are encouraged to bring a camera so you can record your child's adventure.

Naturalist: Sandy Staples

54950 3-6yrs 1 Class \$5 7/29 Tu 1:30pm- 2:30pm

Nature's Lights - Lightning Bugs

They flash, they blink, they fascinate us! Lightning bugs are truly one of nature's lights. Explore the world of lightning bugs through a story, activities and a craft.

Naturalist: Sandy Staples

54954 3-6yrs 1 Class \$5 8/6 W 1:30pm- 2:30pm

Storytime: "Twilight Hunt"

Learn about the role of camouflage in the life of a screech owl and the other animals that live in this habitat. Story and craft. Naturalist: Sandy Staples

54957 3-6yrs 1 Class \$5 8/19 Tu 10:30am-11:30am

Mixed Ages

Ages 0-17

Old-Fashioned Games on the Farm

Can you imagine life without Barbie, super heroes and Gameboys? Find out what toys children had on a farm 100 years ago and make a game to take home. Meet Sandy Staples at the Agricultural History Farm Park.

54906 6-14yrs 1 Class \$6 6/25 W 10:30am-11:45am

54907 6-14yrs 1 Class \$6 6/25 W 12:30pm- 1:45pm

Celebrate an Old-Fashioned 4th of July

Find out what makes this holiday such a special American tradition for the family. Each family needs to bring a rolling pin to make a pie crust for your apple pie. Adult assistance required. Price is per pie, so if your family wants to make one pie, register one family member. If you want to make two pies, register two members.

Meet Naturalist Sandy Staples at the Ag History Farm Park.

54910 7-14yrs 1 Class \$10 7/2 W 10:30am-12:00pm

54911 7-14yrs 1 Class \$10 7/2 W 12:30pm- 2:00pm



Stars on My Shirt!

Join Naturalist Sandy Staples and learn about some of the night constellations. Wear old clothing and bring a plain dark colored t-shirt to decorate with a 'glow in the dark' constellation design.

54951 6-14yrs 1 Class \$6 7/31 Th 10:30am-11:30am

Programs For All

All Ages

Celebrate Summer Campfire

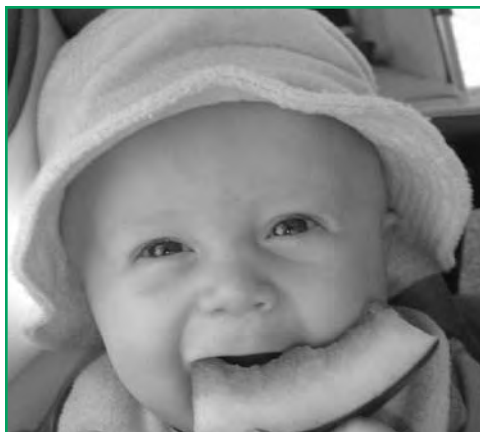
Celebrate the first official day of summer by the fire, roasting marshmallows and participating in fun campfire activities. We supply the marshmallows and graham crackers; please bring your own chocolate for s'mores. All must register and pay.

54854 3yrs&up 1 Class \$5 6/21 Sa 7:00pm- 8:30pm

Fire and Ice Cream Campfire

Let's toast marshmallows and make ice cream together. We supply the ice cream-making supplies, marshmallows and graham crackers, you bring the chocolate for s'mores. Naturalist: Lisa Droubi

54851 3yrs&up 1 Class \$5 7/11 F 7:30pm- 9:00pm



Watermelon Day

National Watermelon Day is tomorrow, but let's start the celebration of this wonderful summer treat early. Learn how the watermelon made it from Africa to become a summer staple in the United States. Fun games and plenty of watermelon to go around! We'll meet at the nature center, but this program will take place outside, weather permitting. Naturalist: Lisa Droubi

54852 3yrs&up 1 Class \$5 8/2 Sa 1:00pm- 2:00pm

Pioneer Past Campfire

Games and stories around the campfire will carry us back to pioneer times. Make s'mores as we learn about the past and enjoy the fire. We supply the marshmallows and graham crackers; please bring your own chocolate for s'mores. Naturalist: Lisa Droubi

54856 3yrs&up 1 Class \$5 8/8 F 7:00pm- 8:30pm

Adults

Early Morning Hike at Blue Mash

Meet Naturalist Sandy Staples at Blue Mash to explore this private park located just outside of Olney, MD. Explore the great variety of habitats within easy walking distance. Reservations required. Call (301) 924-4141 for directions.

54900 18yrs&up 1 Class \$0 6/13 F 8:30am-10:30am

54962 18yrs&up 1 Class \$0 8/29 F 8:30am-10:30am

Early Morning Hike at Green Farm

Hike with Park Naturalist Sandy Staples on this 200-acre conservation area that was acquired by the Department of Parks in 1975. Witness the conservation efforts and how the wildlife can manipulate their habitat. Hidden just south of Montgomery Village, it is an excellent natural area where beavers are busy, birds abound, and early summer wildflowers bloom. Moderate hiking. Registration required, please call (301) 924-4141. Location: 8711 Snuffer School Road, Gaithersburg, MD. Check out www.MontgomeryTrails.org for more information.

54904 18yrs&up 1 Class \$0 6/20 F 8:30am-10:30am

Early Morning Hike at the Ag Farm

Join Park Naturalist Sandy Staples at the Agricultural History Farm Park to learn about this historical park, and hike the trails through the local countryside along Rock Creek. Bring water and binoculars. Moderate hiking. Registration required, please call (301) 924-4141. Meet at the Activity Center, 18400 Muncaster Road, Derwood, MD 20855. For more information, check out www.MontgomeryTrails.org.

54916 18yrs&up 1 Class \$0 7/11 F 8:30am-10:30am

Scouts

Brownie Try-It: Watching Wildlife

If we take a good look at the animals around us, we can discover many interesting things about them. Take a look at the builders, movers, and shakers of the animal kingdom living right outside our front door. Naturalist: Lisa Droubi

54855 7-10yrs 1 Class \$25 7/8 Tu 1:00pm- 3:30pm

"Farmer Boy" Camp



Join us for some down-home fun on the farm! We'll go fishing, make our own marbles, and meet some farm animals while exploring a boy's life in pioneer times. Girls are welcome! Meet at the Agricultural History Farm Park.

48750 8-13yrs
4 Sessions \$175
7/15 Tu-F
9:30am-1:30pm

For more great Summer Camps at Meadowside, see page 148.

Spend Your Summer on the Lakes

in Montgomery Parks!

There are two big, beautiful lakes in the Montgomery Parks system! Here are just a few of the things you can do on the lakes:

- Rent canoes, kayaks, rowboats and/or pedal boats
- Take a guided nature tour on a pontoon boat
- Fish (bass, catfish, bluegill, crappie, trout)
- Bird watch
- Picnic (or get something from our snack shops)

Black Hill Boats at Little Seneca Lake

Only at Black Hill Boats:

- Black Hill Water Trail: Discover the lake's flora and fauna as you paddle along on this self-guided, 12-station water tour. Print out a trail map from the website, or borrow one from the boathouse.
- Night Fishing! See website for the 2008 schedule.

Black Hill Regional Park

20920 Lake Ridge Drive • Boyds, MD 20841

Boathouse: 301-972-6157

Visit BlackHillBoats.com for hours and more info.

Lake Needwood Boats at Lake Needwood

Only at Lake Needwood Boats:

- Rent pedal boats
- New! Rent a kayak!
- New! Lake Needwood Scavenger Hunt for kids

Rock Creek Regional Park

15700 Needwood Lake Circle • Rockville, MD 20855

Boathouse: 301-762-9500

Group Tours and Seasonal Permits: 301-948-0501

Visit LakeNeedwoodBoats.com for hours and more info.

Both facilities are open Saturdays, Sundays & Memorial Day in May, and Wednesday—Sunday beginning May 28 through Labor Day.

**Montgomery
Parks**
M • N C P P C

It's all right here!

Volunteer in the Parks?

Seasonal Volunteer Opportunities



"Wings of Fancy" Butterfly Exhibit

Brookside Gardens May—September

Share the beauty and wonder of live butterflies at Brookside Gardens as an exhibit docent, house gardener, student intern, ticket taker, or tour guide. Online and in-person training is provided for all positions. SSL approved for volunteers ages 14 and up. Call 301-962-1429, or visit BrooksideGardens.org.

Trail Volunteers

Locations and dates throughout Montgomery County

Join us for a day or for a season! Our network of natural surface trails requires many hands to build and maintain. Make new friends, learn new skills and get some exercise, too! 14 years and older; SSL approved.

Weed Warriors

Locations and dates throughout Montgomery County

Non-native invasive plants threaten the health and biodiversity of our parklands. There are two ways you can help stop these plants, and help save the forest:

- Become a **Special Project Weed Warrior**: Volunteer for a scheduled invasive plant removal project. Call 301-949-0228 or visit WeedWarrior.org.
- Become a **Certified Weed Warrior**: After completing the online training and one field training session, you can work on your own in any park you like! Call 301-942-4709, visit WeedWarrior.org. Summer field training May 28, June 25, July 30 & August 27.

Little Bennett Campground

Clarksburg, MD, April-October

Volunteer at one of the prettiest parks in Montgomery County! We need adults to help lead campfire programs, tend our garden, and staff the activity room.

Interpretive Programs

Underground Railroad Trail Guides

Sandy Spring, MD, April–November

We'll train you to lead weekend tours along this historic 1.5-mile trail. Great opportunity for history lovers who like to walk and talk!

Oakley Cabin Docents

Brookeville, MD, April—October

Lead tours in this historic former slave cabin, built in the 1820s. Training provided online and onsite.

14 years or older; SSL approved.

Nature Centers

Each of our four Nature Centers needs volunteers to fill a variety of positions throughout the year. For more info on Nature Center volunteer opportunities, call them directly (see page 124 for numbers), or visit ParksVolunteers.com.

Gardening Aides
Naturalist Aides
Animal Care Aides
Camp Counselors

Naturally!

You love parks and want to keep these places alive and make a difference—for yourself, your community, and future generations. There are many volunteer opportunities you could choose, but you won't work with a better group than Montgomery Parks volunteers! To learn more, visit our website at www.ParksVolunteers.org.

Check Out the NEW and Improved **ParksVolunteers.org**

The ParksVolunteers.org website is now interactive, user-friendly and fabulous! On the new website, you can:

- Learn how to get started as a Parks Volunteer—we have opportunities for one-day or long-term assignments for individuals, families and groups.
- View all of our volunteer opportunities, or create an advanced search based on your specialized criteria.
- Apply online and refer yourself for a specific opportunity, or contact us and we'll help you find a good match.
- Track your volunteer activity:
 - Report and keep a running log of your volunteer hours
 - Sign up for new activities
 - Schedule volunteer shifts
 - Keep track of your mileage, hours and volunteer dates for tax purposes.

We want feedback! Let us know what's working on the new website, what's not, and what new features you'd like to see.



For more information or to apply, visit our website or call:
ParksVolunteers.org | 301-495-2504

**Montgomery
Parks**
M-N-C-P-P-C

**VOLUNTEER
SERVICES OFFICE**



Outdoor Tennis Classes

Questions about outdoor tennis classes or registrations?
Call the ParkPASS Help Desk at **301-4952-2580** (M-F, 10am-2pm), or **301-495-2592**.

Court Locations for Outdoor Group Tennis Classes

Cabin John Outdoor Tennis Courts

Cabin John Regional Park
10610 Westlake Dr.
Rockville, MD 20852

Olney Outdoor Tennis Courts

Olney Manor Recreational Park
16601 Georgia Ave.
Olney, MD 20832

Fairland Outdoor Tennis Courts

Fairland Recreational Park
3928 Greencastle Rd.
Fairland, MD 20866

South Germantown Outdoor Tennis Courts

South Germantown Regional Park
18056 Central Park Circle
Boyd's, MD 20841

New for 2008!

Quickstart Tennis

Tailor-made for younger kids, QuickStart features scaled-down courts and racquets, special balls, and a simplified scoring system. Children learn the basic skills and principles of the game as quickly as possible. Focus is on letting kids enjoy the experience of hitting balls back and forth. All classes include warm-up and cool-down activities, skill review and practice, and a team game that reinforces the skills and tactics of the playing situation.

Cabin John Regional Park

54649	5-8yrs	6 Classes	\$78	6/2	M&W	2:30pm-3:30pm
54650	5-8yrs	6 Classes	\$78	6/3	Tu&Th	2:30pm-3:30pm
54651	5-8yrs	6 Classes	\$78	6/23	M&W	2:30pm-3:30pm
54652	5-8yrs	6 Classes	\$78	6/24	Tu&Th	2:30pm-3:30pm
54653	5-8yrs	6 Classes	\$78	7/14	M&W	2:30pm-3:30pm
54654	5-8yrs	6 Classes	\$78	7/15	Tu&Th	2:30pm-3:30pm
54655	5-8yrs	6 Classes	\$78	8/4	M&W	2:30pm-3:30pm
54656	5-8yrs	6 Classes	\$78	8/5	Tu&Th	2:30pm-3:30pm

Outdoor Tennis Notes

Registration opens May 15.
Register online at ParkPASS.org!
See p.153 for more registration options.

Please bring your own rackets, water, and appropriate footwear.
Classes cancelled due to inclement weather will be made up on Fridays at the same scheduled time.

Outdoor Tennis: Beginner

This class is designed for students who have never played tennis. Students will learn warm-up exercises, how to properly grip a racquet, basic stroke technique and court etiquette. Two age groups.

Beginner, Pre-Teens

Cabin John Regional Park

54451	8-12yrs	6 Classes	\$78	6/2	M&W	4:00pm-5:00pm
54452	8-12yrs	6 Classes	\$78	6/3	Tu&Th	4:00pm-5:00pm
54459	8-12yrs	6 Classes	\$78	6/23	M&W	4:00pm-5:00pm
54460	8-12yrs	6 Classes	\$78	6/24	Tu&Th	4:00pm-5:00pm
54467	8-12yrs	6 Classes	\$78	7/14	M&W	4:00pm-5:00pm
54468	8-12yrs	6 Classes	\$78	7/15	Tu&Th	4:00pm-5:00pm
54475	8-12yrs	6 Classes	\$78	8/4	M&W	4:00pm-5:00pm
54476	8-12yrs	6 Classes	\$78	8/5	Tu&Th	4:00pm-5:00pm

Fairland Recreational Park

54449	8-12yrs	6 Classes	\$78	6/2	M&W	4:00pm-5:00pm
54450	8-12yrs	6 Classes	\$78	6/3	Tu&Th	4:00pm-5:00pm
54457	8-12yrs	6 Classes	\$78	6/23	M&W	4:00pm-5:00pm
54458	8-12yrs	6 Classes	\$78	6/24	Tu&Th	4:00pm-5:00pm
54465	8-12yrs	6 Classes	\$78	7/14	M&W	4:00pm-5:00pm
54466	8-12yrs	6 Classes	\$78	7/15	Tu&Th	4:00pm-5:00pm
54473	8-12yrs	6 Classes	\$78	8/4	M&W	4:00pm-5:00pm
54474	8-12yrs	6 Classes	\$78	8/5	Tu&Th	4:00pm-5:00pm

Olney Manor Recreational Park

54453	8-12yrs	6 Classes	\$78	6/2	M&W	4:00pm-5:00pm
54454	8-12yrs	6 Classes	\$78	6/3	Tu&Th	4:00pm-5:00pm
54461	8-12yrs	6 Classes	\$78	6/23	M&W	4:00pm-5:00pm
54462	8-12yrs	6 Classes	\$78	6/24	Tu&Th	4:00pm-5:00pm
54469	8-12yrs	6 Classes	\$78	7/14	M&W	4:00pm-5:00pm
54470	8-12yrs	6 Classes	\$78	7/15	Tu&Th	4:00pm-5:00pm
54477	8-12yrs	6 Classes	\$78	8/4	M&W	4:00pm-5:00pm
54478	8-12yrs	6 Classes	\$78	8/5	Tu&Th	4:00pm-5:00pm

South Germantown Recreational Park

54455	8-12yrs	6 Classes	\$78	6/2	M&W	4:00pm-5:00pm
54456	8-12yrs	6 Classes	\$78	6/3	Tu&Th	4:00pm-5:00pm
54463	8-12yrs	6 Classes	\$78	6/23	M&W	4:00pm-5:00pm
54464	8-12yrs	6 Classes	\$78	6/24	Tu&Th	4:00pm-5:00pm
54471	8-12yrs	6 Classes	\$78	7/14	M&W	4:00pm-5:00pm
54472	8-12yrs	6 Classes	\$78	7/15	Tu&Th	4:00pm-5:00pm
54479	8-12yrs	6 Classes	\$78	8/4	M&W	4:00pm-5:00pm
54480	8-12yrs	6 Classes	\$78	8/5	Tu&Th	4:00pm-5:00pm

*Beginner, Teens***Cabin John Regional Park**

54501	13yrs&up	6 Classes	\$78	6/2	M&W	5:00pm-6:00pm
54502	13yrs&up	6 Classes	\$78	6/3	Tu&Th	5:00pm-6:00pm
54509	13yrs&up	6 Classes	\$78	6/23	M&W	5:00pm-6:00pm
54510	13yrs&up	6 Classes	\$78	6/24	Tu&Th	5:00pm-6:00pm
54517	13yrs&up	6 Classes	\$78	7/14	M&W	5:00pm-6:00pm
54518	13yrs&up	6 Classes	\$78	7/15	Tu&Th	5:00pm-6:00pm
54525	13yrs&up	6 Classes	\$78	8/4	M&W	5:00pm-6:00pm
54526	13yrs&up	6 Classes	\$78	8/5	Tu&Th	5:00pm-6:00pm

Fairland Recreational Park

54499	13yrs&up	6 Classes	\$78	6/2	M&W	5:00pm-6:00pm
54500	13yrs&up	6 Classes	\$78	6/3	Tu&Th	5:00pm-6:00pm
54507	13yrs&up	6 Classes	\$78	6/23	M&W	5:00pm-6:00pm
54508	13yrs&up	6 Classes	\$78	6/24	Tu&Th	5:00pm-6:00pm
54515	13yrs&up	6 Classes	\$78	7/14	M&W	5:00pm-6:00pm
54516	13yrs&up	6 Classes	\$78	7/15	Tu&Th	5:00pm-6:00pm
54523	13yrs&up	6 Classes	\$78	8/4	M&W	5:00pm-6:00pm
54524	13yrs&up	6 Classes	\$78	8/5	Tu&Th	5:00pm-6:00pm

Olney Manor Recreational Park

54503	13yrs&up	6 Classes	\$78	6/2	M&W	5:00pm-6:00pm
54504	13yrs&up	6 Classes	\$78	6/3	Tu&Th	5:00pm-6:00pm
54511	13yrs&up	6 Classes	\$78	6/23	M&W	5:00pm-6:00pm
54512	13yrs&up	6 Classes	\$78	6/24	Tu&Th	5:00pm-6:00pm
54519	13yrs&up	6 Classes	\$78	7/14	M&W	5:00pm-6:00pm
54520	13yrs&up	6 Classes	\$78	7/15	Tu&Th	5:00pm-6:00pm
54527	13yrs&up	6 Classes	\$78	8/4	M&W	5:00pm-6:00pm
54528	13yrs&up	6 Classes	\$78	8/5	Tu&Th	5:00pm-6:00pm

South Germantown Recreational Park

54505	13yrs&up	6 Classes	\$78	6/2	M&W	5:00pm-6:00pm
54506	13yrs&up	6 Classes	\$78	6/3	Tu&Th	5:00pm-6:00pm
54513	13yrs&up	6 Classes	\$78	6/23	M&W	5:00pm-6:00pm
54514	13yrs&up	6 Classes	\$78	6/24	Tu&Th	5:00pm-6:00pm
54521	13yrs&up	6 Classes	\$78	7/14	M&W	5:00pm-6:00pm
54522	13yrs&up	6 Classes	\$78	7/15	Tu&Th	5:00pm-6:00pm
54529	13yrs&up	6 Classes	\$78	8/4	M&W	5:00pm-6:00pm
54530	13yrs&up	6 Classes	\$78	8/5	Tu&Th	5:00pm-6:00pm

Outdoor Tennis: Intermediate

At the intermediate level, the student understands how the game of tennis is played, when and where to hit which stroke, how to keep score, and the difference between doubles and singles. The service return and approach shots will be added. Two age groups.

*Intermediate, Beginners***Cabin John Regional Park**

54551	8-12yrs	6 Classes	\$78	6/2	M&W	6:00pm-7:00pm
54552	8-12yrs	6 Classes	\$78	6/3	Tu&Th	6:00pm-7:00pm
54559	8-12yrs	6 Classes	\$78	6/23	M&W	6:00pm-7:00pm
54560	8-12yrs	6 Classes	\$78	6/24	Tu&Th	6:00pm-7:00pm
54567	8-12yrs	6 Classes	\$78	7/14	M&W	6:00pm-7:00pm
54568	8-12yrs	6 Classes	\$78	7/15	Tu&Th	6:00pm-7:00pm
54575	8-12yrs	6 Classes	\$78	8/4	M&W	6:00pm-7:00pm
54576	8-12yrs	6 Classes	\$78	8/5	Tu&Th	6:00pm-7:00pm

Fairland Recreational Park

54549	8-12yrs	6 Classes	\$78	6/2	M&W	6:00pm-7:00pm
54550	8-12yrs	6 Classes	\$78	6/3	Tu&Th	6:00pm-7:00pm
54557	8-12yrs	6 Classes	\$78	6/23	M&W	6:00pm-7:00pm
54558	8-12yrs	6 Classes	\$78	6/24	Tu&Th	6:00pm-7:00pm
54565	8-12yrs	6 Classes	\$78	7/14	M&W	6:00pm-7:00pm

54566	8-12yrs	6 Classes	\$78	7/15	Tu&Th	6:00pm-7:00pm
54573	8-12yrs	6 Classes	\$78	8/4	M&W	6:00pm-7:00pm
54574	8-12yrs	6 Classes	\$78	8/5	Tu&Th	6:00pm-7:00pm

Olney Manor Recreational Park

54553	8-12yrs	6 Classes	\$78	6/2	M&W	6:00pm-7:00pm
54554	8-12yrs	6 Classes	\$78	6/3	Tu&Th	6:00pm-7:00pm
54561	8-12yrs	6 Classes	\$78	6/23	M&W	6:00pm-7:00pm
54562	8-12yrs	6 Classes	\$78	6/24	Tu&Th	6:00pm-7:00pm
54569	8-12yrs	6 Classes	\$78	7/14	M&W	6:00pm-7:00pm
54570	8-12yrs	6 Classes	\$78	7/15	Tu&Th	6:00pm-7:00pm
54577	8-12yrs	6 Classes	\$78	8/4	M&W	6:00pm-7:00pm
54578	8-12yrs	6 Classes	\$78	8/5	Tu&Th	6:00pm-7:00pm

South Germantown Recreational Park

54555	8-12yrs	6 Classes	\$78	6/2	M&W	6:00pm-7:00pm
54556	8-12yrs	6 Classes	\$78	6/3	Tu&Th	6:00pm-7:00pm
54563	8-12yrs	6 Classes	\$78	6/23	M&W	6:00pm-7:00pm
54564	8-12yrs	6 Classes	\$78	6/24	Tu&Th	6:00pm-7:00pm
54571	8-12yrs	6 Classes	\$78	7/14	M&W	6:00pm-7:00pm
54572	8-12yrs	6 Classes	\$78	7/15	Tu&Th	6:00pm-7:00pm
54579	8-12yrs	6 Classes	\$78	8/4	M&W	6:00pm-7:00pm
54580	8-12yrs	6 Classes	\$78	8/5	Tu&Th	6:00pm-7:00pm

*Intermediate, Teens***Cabin John Regional Park**

54594	13yrs&up	6 Classes	\$78	6/2	M&W	7:00pm-8:00pm
54595	13yrs&up	6 Classes	\$78	6/3	Tu&Th	7:00pm-8:00pm
54602	13yrs&up	6 Classes	\$78	6/23	M&W	7:00pm-8:00pm
54603	13yrs&up	6 Classes	\$78	6/24	Tu&Th	7:00pm-8:00pm
54610	13yrs&up	6 Classes	\$78	7/14	M&W	7:00pm-8:00pm
54611	13yrs&up	6 Classes	\$78	7/15	Tu&Th	7:00pm-8:00pm
54618	13yrs&up	6 Classes	\$78	8/4	M&W	7:00pm-8:00pm
54619	13yrs&up	6 Classes	\$78	8/5	Tu&Th	7:00pm-8:00pm

Fairland Recreational Park

54592	13yrs&up	6 Classes	\$78	6/2	M&W	7:00pm-8:00pm
54593	13yrs&up	6 Classes	\$78	6/3	Tu&Th	7:00pm-8:00pm
54600	13yrs&up	6 Classes	\$78	6/23	M&W	7:00pm-8:00pm
54601	13yrs&up	6 Classes	\$78	6/24	Tu&Th	7:00pm-8:00pm
54608	13yrs&up	6 Classes	\$78	7/14	M&W	7:00pm-8:00pm
54609	13yrs&up	6 Classes	\$78	7/15	Tu&Th	7:00pm-8:00pm
54616	13yrs&up	6 Classes	\$78	8/4	M&W	7:00pm-8:00pm
54617	13yrs&up	6 Classes	\$78	8/5	Tu&Th	7:00pm-8:00pm

Olney Manor Recreational Park

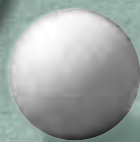
54596	13yrs&up	6 Classes	\$78	6/2	M&W	7:00pm-8:00pm
54597	13yrs&up	6 Classes	\$78	6/3	Tu&Th	7:00pm-8:00pm
54604	13yrs&up	6 Classes	\$78	6/23	M&W	7:00pm-8:00pm
54605	13yrs&up	6 Classes	\$78	6/24	Tu&Th	7:00pm-8:00pm
54612	13yrs&up	6 Classes	\$78	7/14	M&W	7:00pm-8:00pm
54613	13yrs&up	6 Classes	\$78	7/15	Tu&Th	7:00pm-8:00pm
54620	13yrs&up	6 Classes	\$78	8/4	M&W	7:00pm-8:00pm
54621	13yrs&up	6 Classes	\$78	8/5	Tu&Th	7:00pm-8:00pm

South Germantown Recreational Park

54598	13yrs&up	6 Classes	\$78	6/2	M&W	7:00pm-8:00pm
54599	13yrs&up	6 Classes	\$78	6/3	Tu&Th	7:00pm-8:00pm
54606	13yrs&up	6 Classes	\$78	6/23	M&W	7:00pm-8:00pm
54607	13yrs&up	6 Classes	\$78	6/24	Tu&Th	7:00pm-8:00pm
54614	13yrs&up	6 Classes	\$78	7/14	M&W	7:00pm-8:00pm
54615	13yrs&up	6 Classes	\$78	7/15	Tu&Th	7:00pm-8:00pm
54622	13yrs&up	6 Classes	\$78	8/4	M&W	7:00pm-8:00pm
54623	13yrs&up	6 Classes	\$78	8/5	Tu&Th	7:00pm-8:00pm



Swing...



Are you a mini-golf pro?

Test your skill at South Germantown Miniature Golf.

The championship miniature golf courses at South Germantown Recreational Park will test your skill and provide hours of entertainment. Both 18-hole courses are beautifully landscaped, with putting greens, challenging sand traps, rough turf and natural obstacles. No windmills here!

Just \$4.50 per round per person
Open Saturdays, Sundays and Memorial Day
Noon-8pm; open daily
beginning May 27.
See website for hours.

**July 4
Mini-Golf
Splash-a-Thon!**

\$6 for 2 rounds of golf
& all you can splash!
10am-8pm

and Splash

The South Germantown Splash Playground is the place for kids of all ages to stay cool and active all summer long. It's affordable, accessible, and fun for the whole family!

- 36-foot, computer-choreographed, 280-jet water maze
- Massive waterfall (which bucket will tip over next?)
- Water tunnel
- Splashing animals
- Rainforest and more water fun!
- Party at the Splash Playground! Rent our party tent (room for 75+) for \$30/hour. Call 301-601-4410 (7am-3pm, M-F) a week in advance to reserve.

Just \$4.50 admission all day long! Open now Saturdays, Sundays and Memorial Day
Noon-7pm; Saturdays & Sundays May 27-June 15, and daily June 16-September 1.
See website for hours.

at South Germantown Recreational Park

**South Germantown Splash Playground
and Miniature Golf**

10856 Central Park Circle • Boyds, MD 20841

SGermantownSplashandGolf.com

301-601-3580 Recorded information
301-601-4410 Group reservations
301-601-3581 Splash Playground

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!



Montgomery Parks Summer Camps

It's all right here!



**Right Time • Right Place
Right Price • Right Programs**

**Register today at ParkPASS.org!
Info 301-495-2580**

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Week in the Park

Summer Camps 2008

*A full week of adventure,
discovery, creativity and fun!*

Activities include:

Sports!

- Hockey
- Ice skating (every day, with 2-3 pro lessons)
- Playground group games
- Softball
- Tennis (2 pro lessons, and play)

Nature!

- Nature hikes & activities with Park Naturalists

Fun!

- Arts & crafts
- Miniature train & carousel rides (weather permitting)
- Scavenger hunts & talent shows

Location: Wheaton Regional Park

Ages: Children 6-13

Dates: Eight 5-day sessions

(June 23-27, July 7-11, July 14-18, July 21-25, July 28-Aug. 1, Aug. 4-8, Aug. 11-15; Aug. 18-22)

Times: Full-day (9am-5pm) and half-day (9am-2pm) sessions available.

301-495-2580

www.ParkPASS.org

**Montgomery
Parks**
M-N-C-P-P-C
It's all right here!

Montgomery Parks Summer Camps

Right Time: There's a Montgomery Parks Summer Camp to fit your family's schedule. Choose from full-or half-day camps, multiple-day camps, and camps that run for a full work week.

Right Place: There may be a Montgomery Parks Summer Camp right in your backyard!

Right Price: Montgomery Parks Summer Camps are very affordable, and a fee reduction program is available for qualified applicants.

Right Programs: Montgomery Parks offers a wide variety of fun, educational summer camps for children of all ages. From nature programs of all shapes and sizes to tennis, ice skating, archaeology and our delicious "Week in the Park" smorgasbord, there's something to delight your child!

Please see page 151 for our Summer Camp registration and refund policies, and register online at ParkPASS.org today!

See pages 104-105 for facility locations and information.

Summer Camps - Brookside Gardens

Budding Artists I

Join professional artist Ivette Burgess for a week-long summer camp. Children who love art will enjoy expressing themselves in the garden while learning different art techniques, including drawing, collages, and painting. Check times for age-appropriate group.

Brookside Gardens

52113	5-7yrs	5 Sessions	\$65	6/16	M-F	10:00am-11:30am
52114	8-10yrs	5 Sessions	\$75	6/16	M-F	1:00pm-3:00pm

Green Gardening Camp

Come have fun learning more about plants and gardening. You'll learn to grow some of your favorite houseplants, visit some of Brookside Gardens' behind-the-scenes areas and create cool gardening crafts. Learning, creating, and having fun...what could be better?

Brookside Gardens

52117	8-10yrs	2 Sessions	\$100	6/23	M&Th	9:30am-12:00pm
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Budding Artists II

Join professional artist Debbie Vanegas for a week-long art camp. Children who love art will enjoy expressing themselves in the garden while learning several art techniques, including drawing, collages, and painting. Check times for age-appropriate group.

Brookside Gardens

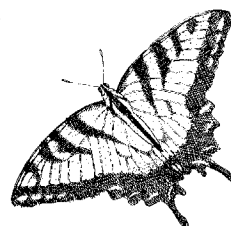
52111	5-7yrs	5 Sessions	\$65	7/7	M-F	10:00am-11:30am
52112	8-10yrs	5 Sessions	\$75	7/7	M-F	1:00pm-3:00pm

Butterfly Flutterby

Experience the fascinating world of butterflies. Get a behind-the-scenes look at our special "Wings of Fancy" Butterfly Exhibit, and learn about butterfly gardening through crafts, games, and garden activities.

Brookside Gardens

52115	7-9yrs	5 Sessions	\$80	8/11	M-F	10:00am-12:00pm
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How to Set Up a New ParkPass Account

- Go to www.ParkPASS.org
- Click on the "My Account" tab at top right.
- Click on the "Create New Account" button
- Fill out all the requested information for your account's "Main Contact."
- Don't hit the "Add Family Member" button yet. Fill out your address, phone and email first, then go back up and hit the "Add Family Member" button to enter the names of your children, spouse, etc. and get each of them their own ParkPASS Customer Number.
- Important:** If you check the "Private" button on this screen, you will not receive the quarterly print "Program Guide" in the mail. We share our ParkPASS patrons' mailing address with the Montgomery County Department of Recreation to mail out the Guide. If you want to receive the print Guides, do not check this box. We will never sell or rent your personal information to an outside business or agency.
- After you've filled in the blanks, click "Submit."
- Within two business days, you'll receive an email from "MCP-ParkPASS Help" with your **Customer Number(s)** (one for each person you registered), and an **Account PIN** for the whole account. You're good to go!
- If you don't hear from us in two business days, give us a call at **301-495-2580** or email us at MCP-ParkPassHelp@MontgomeryParks.org and we'll get your account straightened out.



Summer Camps - Ice Skating

Skating School

This week of skating fun for levels Alpha through Freestyle includes music interpretation, strength building, on-ice and off-ice workouts, and a mini-show.

Wheaton Ice Arena

48399	5-14yrs	5 Sessions	\$260	6/23	M-F	8:00am-12:00pm
48400	5-14yrs	5 Sessions	\$260	7/14	M-F	8:00am-12:00pm
48401	5-14yrs	5 Sessions	\$260	8/4	M-F	8:00am-12:00pm

Chill-Out Mini-Clinic

We invite students that have passed Gamma, Delta and/or Freestyle 1 to join us for Chill-Out Clinic, a three-week clinic designed to teach freestyle fundamentals. Skaters will be instructed on proper off ice warm up, off-ice training, stroking drills, the basics of choreography and style, and introductory jumps and spins. Please bring sneakers for off-ice training. We'll end the clinic with a special ice show!

Cabin John Ice Rink

48849	5-17yrs	3 Sessions	\$130	7/9	W	5:00pm-6:30pm
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Ice Dance Clinic

This week of ice dancing is designed for skaters with a clear grasp of edges, three-turns, and mohawks. The clinic includes music interpretation, dance patterns, on-ice and off-ice drills, and strength building.

Wheaton Ice Arena

48406	18yrs&up	5 Sessions	\$260	7/7	M-F	8:00am-11:45am
48405	All Ages	5 Sessions	\$260	6/30	M-F	8:00am-11:45am
48407	All Ages	5 Sessions	\$260	8/11	M-F	8:00am-11:45am

Ice Skating Camp

Choose one of our half-day sessions for children ages 6-12. Ice skating, arts and crafts, outdoor and special activities are offered, including a mini-train ride (weather permitting). Campers will be grouped according to age and skill level, and receive a skating lesson and practice time each day. Rental skates provided if needed. Beginners are welcome! Skating lessons will be taught through Freestyle 1 level. Every camper receives a T-shirt! Please print receipt /registration confirmation for important camp information.

Cabin John Ice Rink

48852	6-12yrs	5 Sessions	\$195	7/7	M-F	8:00am-12:00pm
48853	6-12yrs	5 Sessions	\$195	7/7	M-F	1:00pm-5:00pm
48854	6-12yrs	5 Sessions	\$195	7/14	M-F	8:00am-12:00pm
48855	6-12yrs	5 Sessions	\$195	7/14	M-F	1:00pm-5:00pm
48856	6-12yrs	5 Sessions	\$195	7/21	M-F	8:00am-12:00pm
48857	6-12yrs	5 Sessions	\$195	7/21	M-F	1:00pm-5:00pm
48858	6-12yrs	5 Sessions	\$195	7/28	M-F	8:00am-12:00pm
48859	6-12yrs	5 Sessions	\$195	7/28	M-F	1:00pm-5:00pm
48860	6-12yrs	5 Sessions	\$195	8/4	M-F	8:00am-12:00pm
48861	6-12yrs	5 Sessions	\$195	8/4	M-F	1:00pm-5:00pm
48862	6-12yrs	5 Sessions	\$195	8/11	M-F	8:00am-12:00pm
48863	6-12yrs	5 Sessions	\$195	8/11	M-F	1:00pm-5:00pm

Ice Skating Camp Extended Care

Need to drop off and/or pick up your child early or late for Ice Skating Camp? Sign up for extended care from 12-1pm or 5-6pm. Cost is \$35 for the week. Individual days (\$7) can be paid for at the facility. Please be on time to pick up your

child, as we charge a late fee of \$1.00 per minute.

EXTENDED CARE IS FOR ICE SKATING CAMP ONLY.

Cabin John Ice Rink

48902	6-12yrs	5 Sessions	\$35	7/7	M-F	12:00pm-1:00pm
48903	6-12yrs	5 Sessions	\$35	7/7	M-F	5:00pm-6:00pm
48905	6-12yrs	5 Sessions	\$35	7/14	M-F	12:00pm-1:00pm
48906	6-12yrs	5 Sessions	\$35	7/14	M-F	5:00pm-6:00pm
48908	6-12yrs	5 Sessions	\$35	7/21	M-F	12:00pm-1:00pm
48909	6-12yrs	5 Sessions	\$35	7/21	M-F	5:00pm-6:00pm
48911	6-12yrs	5 Sessions	\$35	7/28	M-F	12:00pm-1:00pm
48912	6-12yrs	5 Sessions	\$35	7/28	M-F	5:00pm-6:00pm
48914	6-12yrs	5 Sessions	\$35	8/4	M-F	12:00pm-1:00pm
48915	6-12yrs	5 Sessions	\$35	8/4	M-F	5:00pm-6:00pm
48917	6-12yrs	5 Sessions	\$35	8/11	M-F	12:00pm-1:00pm
48918	6-12yrs	5 Sessions	\$35	8/11	M-F	5:00pm-6:00pm

Ice Skating Institute Freestyle Clinic

This skating clinic, for Freestyle level skaters, will incorporate all aspects of an intensive, successful training program. On-ice instruction sessions include: jumps, spins, edgework, field moves, power stroking and choreography. Off-ice training sessions include: jumps, stretching and strength conditioning/dance. At the end of the clinic, participants will perform in an ice show. Please bring sneakers for off-ice training, and a snack.

Cabin John Ice Rink

48899	5yrs&up	5 Sessions	\$275	7/21	M-F	8:30am-1:30pm
48900	5yrs&up	5 Sessions	\$275	8/18	M-F	8:30am-1:30pm

Summer Hockey Clinic

This hockey clinic will focus on skating, stick handling and off-ice fitness. Players will be assigned to groups according to skill level. Elements of power skating, passing and shooting, and various games will also be incorporated to make this a fun filled week! This clinic is designed for players ages 6-12 at Beginner Plus (learning forward crossovers) to Intermediate level (passed Mitey Mites 2 or Hockey 2 and above). Full gear required. Please bring sneakers and workout attire for off-ice conditioning, and a snack.

Cabin John Ice Rink

48851	6-12yrs	5 Sessions	\$250	8/4	M-F	10:30am-1:30pm
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Synchronized Skating Clinic

Join us for our very first Synchronized Skating Clinic! Children and adult skaters who have passed the Gamma level and above are invited to sign up. Synchronized skating is the fastest-growing segment of figure skating, and this clinic will offer a hands-on, jump-start introduction to what synchro skating is: a creative, fun, team environment approach to figure skating. Within an atmosphere of teamwork and camaraderie, skaters will learn how to gracefully take the ice together and share their love of skating with others. Coaches will focus on synchro basics such as poise, edge quality, effortless turning, speed, holds and formations. On the last day, skaters will perform a mini-exhibition to showcase their new skills! Space is limited; register today!

Cabin John Ice Rink

49699	5yrs&up	3 Sessions	\$130	8/6	W	5:00pm-6:30pm
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Summer Camps - Nature Centers

Black Hill Visitor Center

Toddlers/Preschool

Ages: 0-6

Earthkeepers Camp

Calling young nature lovers! Join a Naturalist and explore our park's three habitats: the forest, the lake and the meadow. Through crafts, games, stories and hands-on activities, we'll learn how to help take care of Mother Earth. We'll be outside part of the class, so dress for the weather. Light snack provided; please bring water. FOBH \$80

Black Hill Visitor Center

50101 4-6yrs 4 Sessions \$85 6/16 M-Th 9:00am-12:00pm
50102 4-7yrs 4 Sessions \$85 7/14 M-Th 9:00am-12:00pm

Babes in the Park Camp

A nature camp for young children (ages 2-5) and their parent. We'll learn about the natural world through crafts, stories, and hikes. Meet at the Visitor Center. Bring water, a bag lunch, and dress for the outdoors. Adult must register with child; no fee for adult. FOBH \$80

Black Hill Visitor Center

50149 2-5yrs 4 Sessions \$85 6/2 M-Th 10:00am-1:00pm

Mixed Ages

Ages: 0-17

Fishing Camp for Youth

Mandatory Tackle Check: Wed. June 18, 5-9pm

Mandatory Skill-Building Session: Fri. June 20, 4-9pm

Camp Dates: Tues.-Fri., June 24-27, 8am-5:30pm

It's fun...it's adventurous...it's Fishing Camp! We'll teach you how, when and where to catch freshwater fish, and provide expert, hands-on instruction on balanced tackle, live bait, artificial lure selection, knots, casting, and the latest fishing techniques. Camp cost includes two mandatory evening classes that meet before the four-day camp begins:

Evening Class #1 (6/18): Meet at Dick's Sporting Goods at the Rio Center in Gaithersburg, where we'll walk through the tackle department for an overview of available equipment, check out your tackle and make recommendations, go over knots and hook sharpening, paint jigheads, and more. We'll also give you the camp itinerary and list of necessary camp materials at this session.

Evening Class #2 (6/20): Meet at the Black Hill Regional Park Visitor Center, where we'll cover topics such as reading the waters, casting, back-reeling, basic lures, and other fishing techniques.

All participants will receive tackle packs (a \$25 value!) filled with lures chosen especially for this area, and a free "Fishing Resource Notebook" packed with valuable fishing tips and info! Van transportation each day to fishing sites also provided. Instructors: Naturalists Glenn Cumings and Ken Umbarger, with volunteer adult anglers. FOBH \$170

Black Hill Visitor Center

49903 11-17yrs 4 Sessions \$175 6/24 Tu-F 8:00am-5:30pm

Geology Camp for Youth

If you've ever marveled at a rock, mineral, gem or fossil, and wondered what treasure lies below your feet, this is the camp for you! We combine fun, adventure and learning in a series of field trips to locations that highlight the region's amazing geology. Our travels will take us to:

- The White Rocks of the Catoctin Mountains (formed from a lava flow of molten rock!)
- Point of Rocks, MD to see rock shelters and lizards basking in the sun
- Calvert Cliffs (below Brownie's Beach) to go fossil collecting for ancient shark, porpoise and crocodile teeth, shells and whale bones
- The Appalachian Mountains, to Seidling Hill Road—the largest slice into the rock layers of the earth in the eastern U.S.
- U.S. Silica Mine at Berkley Springs, WV to find trilobites, crinoids, brachiopods and sponges
- Rockville Crushed Stone Quarry to collect rock and mineral treasures, and see first-hand how rock is removed, crushed, sized, and made into products that support our community

You'll receive a FREE geology notebook pack with rock, mineral and fossil info to take home with you, too. Rock on and rock out with us! FOBH \$170

Black Hill Visitor Center

49904 12-17yrs 5 Sessions \$175 7/7 M-F 8:00am-5:30pm

River Adventures Kayak Camp

Kayaking is even more fun than it looks (and it looks really fun)! Beginning paddlers will learn the basics needed for successful kayaking on flatwater and in gentle river waters in our Kayaking Camp. We'll cover equipment, safety considerations, basic strokes, entries and exits (wet and dry), boat control, self-rescue, how to read the water, river hazards, safe transport of kayaks, knots and hitches, characteristics and uses of kayaks and kayaking equipment and more, using American Canoe Association (ACA)-approved instructional manuals and ACA-certified kayaking instructors.

We'll spend our first day at Black Hill Regional Park and on Little Seneca Lake, learning how to kayak on flatwater; then spend the other three full days kayaking on local rivers (Class I moving water). No program on Wednesday, so you (and our staff!) can rest.

Camp fee includes transportation (using our van and kayak trailer) to and from Black Hill Regional Park, kayak rental, personal floatation devices (PFDs), and all other necessary equipment. You must be able to swim, wear clothes you don't mind getting wet, and bring water shoes or strap-on sandals, a brimmed hat, sunglasses with a keeper strap, and sunscreen. FOBH \$170

Black Hill Visitor Center

49899 12-17yrs 4 Sessions \$175 7/21 M-Tu & Th-F 8:00am-5:00pm
49902 12-17yrs 4 Sessions \$175 8/4 M-Tu & Th-F 8:00am-5:00pm



Brookside Nature Center

Toddlers/Preschool

Ages: 0-6

Parent and Child Nature Camp

Children and parents explore nature together: stream study, insects, birding, shark tooth beach field trip (provide own transportation).

Brookside Nature Center

48708	2-5yrs	4 Sessions	\$75	6/3	Tu-F	10:00am-2:00pm
48709	2-5yrs	4 Sessions	\$75	6/10	Tu-F	10:00am-2:00pm

Parent and Child Craft Camp

Explore the world of nature arts and crafts with your child. Every day we'll hear a story, take a nature walk, and make a nature arts and crafts project. Meet at Wheaton-Claridge Park, 11901 Claridge Road in Wheaton.

Brookside Nature Center

48707	3-6yrs	4 Sessions	\$80	8/12	Tu-F	10:00am-12:00pm
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Kinder Camp

For this fall's kindergarteners—have fun exploring detective day, pioneer life, naturecize, stream splash.

Brookside Nature Center

48705	5yrs	4 Sessions	\$60	6/30	M-Th	10:00am-11:30am
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Children/Youth

Ages: 6-12

Nuts About Nature

Fun activities exploring reptiles and amphibians, forests, life under a log, spiders and their kin, and stream life.

Brookside Nature Center

48706	6-7yrs	4 Sessions	\$70	7/14	M-Th	10:00am-12:00pm
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Bug Camp

Four days of bug bliss, with activities and crafts exploring life in a log, aquatic insects, meadow hoppers and fliers, and a "Wings of Fancy" butterfly field trip.

Brookside Nature Center

48702	6-8yrs	4 Sessions	\$75	7/29	Tu-F	10:00am-12:00pm
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Eco-Explorers Camp

Explore different ecosystems around the nature center: stream, pond, woods and meadow. Make crafts and learn about park animals and plants.

Brookside Nature Center

48704	8-10yrs	4 Sessions	\$110	7/22	Tu-F	9:30am-12:30pm
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Pick of the Parks Camp

Field trips to hike and experience a different scenic "jewel" in our park system each day. Explore streams, ponds, forests, wildlife, and lots more!

Brookside Nature Center

48710	8-10yrs	4 Sessions	\$140	8/18	M-Th	9:30am-2:30pm
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American Girls Camp

Enjoy crafts, games, adventures and food just like the American Girls! Activities include Felicity's tea party, Kaya's earth craft, Samantha's Victorian day, Kit's movie matinee and more.

Brookside Nature Center

48699	8-11yrs	4 Sessions	\$110	6/24	Tu-F	9:30am-12:30pm
48700	8-11yrs	4 Sessions	\$110	7/8	Tu-F	9:30am-12:30pm

Down on the Farm Camp

Hands-on farm experiences with daily field trips to local farms, tasting farm foods, and making farm crafts.

Brookside Nature Center

48703	9-12yrs	4 Sessions	\$140	7/29	Tu-F	9:30am-2:30pm
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Be Kind to Animals Camp

Meet professionals working with and caring for different wild and domestic animals. Most days have off-site trips.

Brookside Nature Center

48701	9-12yrs	4 Sessions	\$140	8/12	Tu-F	9:30am-2:30pm
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Teen/Preteen

Ages: 12-17

Survival: Wheaton Park

Learn hands-on outdoor living skills, including fire and shelter building, map reading, using a compass, knot tying, outdoor cooking, emergency preparedness, basic ecology and more.

Brookside Nature Center

48712	11-14yrs	4 Sessions	\$140	7/15	Tu-F	9:30am-2:30pm
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Wildlife Ecology Camp

We'll explore local wildlife habitats, and meet and help park ecologists with their projects.

Brookside Nature Center

48713	13-15yrs	4 Sessions	\$140	8/5	Tu-F	9:30am-2:30pm
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Outdoor Adventures Camp

Activities include hiking, canoeing, flatwater kayaking, fossil hunting. Fee includes all equipment and instruction.

Brookside Nature Center

48714	14-17yrs	4 Sessions	\$180	6/16	M-Th	10:00am-4:00pm
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Mixed Ages

Ages: 0-17

Fun with Water Camp

Through fun games, wet activities and a bit of dirt between your toes, learn about the science and wonder of water.

Brookside Nature Center

48711	10-13yrs	4 Sessions	\$100	6/17	Tu-F	1:00pm-3:30pm
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Locust Grove Nature Center

Toddlers/Preschool

Ages: 0-6

Parent, Child and Mother Nature Camp

One of the best ways to foster a lifelong love of nature in your child is to share it with him or her on a regular basis. Start the process by coming to camp! In our highly interactive three days we'll go bug hunting, visit a garden, picnic by the lake, make crafts and build sand castles! Our expanded schedule on Thursday includes a trip to Greenbrier State Park in Thurmont. Throughout it all, we'll focus on helping you as parents learn to be your child's most influential nature guide. All fees for both the parent and child are included in the cost; please register only the child.

Locust Grove Nature Center

50257 3-5yrs 3 Sessions \$90 7/29 Tu-Th 9:30am-2:30pm

Children/Youth

Ages: 6-12

Nature Discovery

Summer in the Cabin John watershed is a busy time. We'll visit with caterpillars, tadpoles, and the fish in the creek.

Locust Grove Nature Center

50256 5-6yrs 4 Sessions \$70 8/19 Tu-F 9:30am-11:30am

Super Science

Nature runs on chemistry, from volcanoes through digestion. Discover the loud, smelly, and slimy reactions that take place on our fantastic planet.

Locust Grove Nature Center

50259 6-10yrs 5 Sessions \$150 7/14 M-F 9:30am-1:30pm

Fossil Finds

Discover the mysteries fossils reveal about life on earth through 600 million years. Fee includes extra materials and field trip. Please note, field trip hours on Thursday are from 9:30 am-3 pm.

Locust Grove Nature Center

50255 7-9yrs 4 Sessions \$115 7/22 Tu-F 9:30am-12:30pm

Animals in Danger!

Why are these animals in trouble and who is helping them? Meet the animals in need and the people who rescue them. We will visit domestic animal and wildlife sanctuaries and lend a helping hand. Fee includes field trip costs. Field trip days may run longer than time stated. A portion of the camp fee will be donated to the rescue groups.

Locust Grove Nature Center

50254 7-10yrs 3 Sessions \$130 7/1 Tu-Th 9:30am-1:00pm

Native American Camp

Long before Europeans came to this land, the Native Americans knew it, revered it and were shaped by it. Learning through experience, campers will gain an understanding of the Mid-Atlantic tribes' way of life, their past-times, beliefs, diet, traditions, crafts and skills. Special activities may include primitive fire-starting, shelter building, pottery making, and fishing. On Friday, we'll take a full day field trip to the Eastern Shore to visit a reconstructed Indian village.

Locust Grove Nature Center

50100 7-10yrs 4 Sessions \$105 7/8 Tu-F 9:30am-1:00pm

Park Rangers

This popular camp returns for its third year! Campers will learn to navigate the great outdoors as we visit a different Montgomery County park each day. We'll hike, float, and climb to explore the flora and fauna of different habitats, and learn a thing or two about history along the way.

Locust Grove Nature Center

50258 8-12yrs 5 Sessions \$195 8/4 M-F 9:30am-3:30pm

Exploring Maryland's Water

Water is one of Maryland's most precious resources, yet we know little about it—and sometimes appreciate it even less! In this interactive camp we'll get our feet wet as we take daily field trips that introduce us to the amazing variety and uses of water and waterways in Maryland. Probable field trips include investigating local stream habitats, exploring the Potomac, mucking through tidal wetlands at the Chesapeake Bay Foundation headquarters in Annapolis, kayaking on Little Seneca Lake, picking blueberries at Butler's Orchard, and touring WSSC's water treatment plant. Through these experiences, campers will gain a rich understanding of the importance of water in Maryland, and what we can do to protect it. Cost includes all field trip fees.

Locust Grove Nature Center

50099 9-12yrs 5 Sessions \$200 6/23 M-F 9:30am-2:30pm

Scouts

Merit Badges at Locust Grove

The mornings for this week are devoted to Naturalist Brian Kristal, who offers Scouts the opportunity to fulfill many of the requirements for five merit badges as summer 2008 begins! Come dressed for the weather - we go out rain or shine. BSA uniforms are not required. Register for any or all of the five badge programs.

Environmental Science Merit Badge

Locust Grove Nature Center

52399 11-17yrs 1 Class \$55 6/16 M 9:00am-1:30pm

Mammal Study Merit Badge

Locust Grove Nature Center

52400 11-17yrs 1 Class \$50 6/17 Tu 9:00am-1:30pm

Forestry Merit Badge

Locust Grove Nature Center

52401 11-17yrs 1 Class \$50 6/18 W 9:00am-1:30pm

Insect Study Merit Badge

Locust Grove Nature Center

52402 11-17yrs 1 Class \$50 6/19 Th 9:00am-1:30pm

Weather Merit Badge

Locust Grove Nature Center

52403 11-17yrs 1 Class \$50 6/20 F 9:00am-1:30pm



Meadowside Nature Center

Please see "Summer Camp Requirements" below.

Toddlers/Preschool**Ages: 0-6****Nature Time for Tots**

Children learn about nature through stories, activities, and crafts geared to their age level and learning abilities. Come with your child and share the joy and wonder that nature offers! Class size is limited to ensure individualized attention.

Meadowside Nature Center

48409 3-5yrs 4 Sessions \$40 6/24 Tu-F 9:30am-10:15am

Wee Little Scientists Camp

Let your little scientists explore the world around them through hands-on experiments and other activities designed specifically for tots.

Meadowside Nature Center

48749 3-5yrs 4 Sessions \$40 6/24 Tu-F 10:30am-11:15am

Mixed Ages**Ages: 0-17****Conservation Camp**

Children will be actively involved in ecology and conservation activities, games, hiking, and crafts. Topics include birds, plants, animals, habitats, cultural history and more, while exploring Rock Creek Regional Park.

Meadowside Nature Center

48414 5-7yrs 4 Sessions \$95 7/22 Tu-F 9:30am-12:00pm

48413 7-10yrs 4 Sessions \$120 6/24 Tu-F 9:30am-1:30pm

Little House on the Prairie/Prairie Life

How did Laura Ingalls Wilder and her family live? What did they eat and how did they spend their days? We'll explore the life and times of Laura and her family through fun activities and crafts at the Agricultural History Farm Park.

Meadowside Nature Center

48411 8-13yrs 5 Sessions \$175 7/7 M-F 9:30am-1:30pm

"Farmer Boy" Camp

Join us for down-home fun on the farm! We'll go fishing, make our own marbles, and meet some farm animals while exploring a boy's life in pioneer times. Girls are welcome! Meet at the Agricultural History Farm Park.

Meadowside Nature Center

48750 8-13yrs 4 Sessions \$175 7/15 Tu-F 9:30am-1:30pm

Meteorology Camp

Weather affects every level of our lives: it can be catastrophic, benign, or something in-between. Learn how weather patterns are predicted, the instruments used, and how weather forecasts get out to the public. We'll explore the fascinating world of meteorology through activities, crafts and field trips.

Meadowside Nature Center

48410 8-13yrs 4 Sessions \$175 7/22 Tu-F 9:30am-1:30pm

Jurassic Camp

Explore Maryland's Jurassic Age through field trips, activities and crafts. We'll go fossil hunting, search for dinosaur tracks, and explore the world of paleontology!

Meadowside Nature Center

48412 8-13yrs 4 Sessions \$175 7/29 Tu-F 9:30am-1:30pm

Scouts**Webelos: Geologist Activity Badge**

We'll comb Brownie Beach together in search of fossils, rocks, and minerals, learn how the earth was formed, and what is in it. Please bring a bag lunch and dress to get wet.

Meadowside Nature Center

48753 7-10yrs 1 Session \$40 6/30 M 9:30am-4:00pm

Webelos: Naturalist Activity Badge

Do you enjoy watching wildlife? If so, you're already a naturalist. See wildlife in our forests, meadows, streams, and ponds—but not before we learn how to identify the poisonous plants and animals in our area. Please dress to be outdoors and bring a bag lunch. Naturalist: Glenn Rice

Meadowside Nature Center

48752 6-10yrs 1 Session \$25 7/1 Tu 9:30am-12:00pm

Webelos: Scout Forester Activity Badge

Learn what it takes to be a forester as we hit the trails to learn how to identify different trees, and why wildfires can play a beneficial role in a forest ecosystem. Please dress to be outdoors and bring a bag lunch. Naturalist: Glenn Rice

Meadowside Nature Center

48751 6-10yrs 1 Session \$25 7/2 W 9:30am-12:00pm

Brownie Try-It: Earth and Sky

Look up! Look down! What do you see? The sky above and the Earth below. Join us while we learn about both.

Meadowside Nature Center

48599 6-9yrs 1 Sessions \$25 8/5 Tu 9:30am-12:00pm

Brownie Try-It: Science Wonders

Science is all around: learn the science behind bubbles, magnets, and more!

Meadowside Nature Center

48601 6-9yrs 1 Sessions \$25 8/6 W 9:30am-12:00pm

Brownie Try-It: Listening to the Past

Listen to and explore history through stories, games, and peoples of the past!

Meadowside Nature Center

48602 6-9yrs 1 Sessions \$25 8/7 Th 9:30am-12:00pm

Brownie Try-It: Eco-Explorer

Ecology is the study of how plants and animals live together in the environment. Have fun learning to be an eco-explorer.

Meadowside Nature Center

48600 6-9yrs 1 Sessions \$25 8/8 F 9:30am-12:00pm

Boy Scouts: Chemistry Merit Badge

Learn how we use chemistry to improve our lives and the health of our planet through hands-on experiments. Please bring a bag lunch. Naturalist: Glenn Rice

Meadowside Nature Center

48754 8-18yrs 1 Sessions \$40 8/12 Tu 10:00am-3:00pm

Boy Scouts: Environmental Science Badge

Join us as we examine different forms of pollution, our impact on the environment, and what we can do to reduce our negative impact. Bring a bag lunch and dress for the weather. Naturalist: Glenn Rice

Meadowside Nature Center

48755 8-18yrs 1 Sessions \$40 8/13 W 10:00am-3:00pm

Boy Scouts Overnight Geology Merit Badge

Dig deep into geology as we explore Crystal Caverns, camp overnight in a cave, and meet the Geology merit badge requirements. Naturalist: Glenn Rice

Meadowside Nature Center

48756 8-18yrs 2 Sessions \$80 8/14 Th&F 10:00am-12:00pm

Meadowside Nature Center Summer Camp Requirements

Before any summer camp registration can be confirmed, Meadowside Nature Center must receive the following for each child:

- 1) Completed registration form (visit www.MeadowsideNature.org for form)
- 2) Proof of immunization
- 3) Date of last tetanus shot
- 4) Proof of age
- 5) Payment in full

Summer Programs - Week-Long Camps

Most camps listed below run Monday through Friday, either full or partial days.

Archaeology Camp - Children

Did you ever want to know what archaeologists do? Montgomery Parks' Archaeology Summer Camp participants find out! You will be introduced to archaeology as you work side-by-side with Park Archaeologists on a real archaeological site. Participants learn in a small group, hands-on setting. Activities include: excavation, lab, projects, and a field trip. The advanced groups' experience will be more in-depth and intense. For more information, call the Office of History and Archaeology at 301-840-5848.

Needwood Mansion

48459	10-15yrs	4 Sessions	\$175	6/30	M-Th	9:00am-3:00pm
48457	10-15yrs	5 Sessions	\$220	6/16	M-F	9:00am-3:00pm
48458	10-15yrs	5 Sessions	\$220	6/23	M-F	9:00am-3:00pm
48460	10-15yrs	5 Sessions	\$220	7/7	M-F	9:00am-3:00pm

Archaeology Camp - Extended Care

This is an extended session for the children's Archaeology Summer Camp. Normal hours end at 3pm; extended care runs from 3 - 5 pm.

Needwood Mansion

48471	10-15yrs	4 Sessions	\$44	6/30	M-Th	3:00pm-5:00pm
48469	10-15yrs	5 Sessions	\$55	6/16	M-F	3:00pm-5:00pm
48470	10-15yrs	5 Sessions	\$55	6/23	M-F	3:00pm-5:00pm
48472	10-15yrs	5 Sessions	\$55	7/7	M-F	3:00pm-5:00pm

Archaeology Camp-Adult

Join us on an archaeological site in Montgomery County. You'll be introduced to archaeology as you work side-by-side with Park Archaeologists. Sessions includes excavation and a field trip/workshop. Call 301-840-5848.

Needwood Mansion

48473	18yrs&up	2 Sessions	\$40	7/28	M, Tu	9:00am-3:00pm
48483	18yrs&up	2 Sessions	\$40	8/18	M, Tu	9:00am-3:00pm
48474	18yrs&up	3 Sessions	\$60	7/30	W-F	9:00am-3:00pm
48484	18yrs&up	3 Sessions	\$60	8/13	W-F	9:00am-3:00pm

Camping Camp

Let's go camping! Through fun, hands-on activities, you'll learn how to pick a campsite, set up a tent, and cook your own meals. Plus, learn the basics about types of gear, clothing, and food you'll need for a safe and successful camping trip. We'll camp overnight together on Thursday night—bring your own sleeping bag!

Little Bennett Campground

48349	8-13yrs	5 Sessions	\$210	7/14	M-F	9:00am-3:00pm
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Outdoor Adventure Camp

Discover the outdoors in this high-adventure day camp. Activities include hiking, canoeing, fishing, ropes course, and learning basic camping skills. Some activities take place off-site.

Little Bennett Campground

48350	9-13yrs	5 Sessions	\$250	6/23	M-F	9:00am-3:00pm
48351	9-13yrs	5 Sessions	\$250	7/28	M-F	9:00am-3:00pm

Tennis & Ice Skating Camp

Learn the beginning fundamentals of two great sports all in one week! We'll learn the rules, scoring, etiquette, terminology and techniques of tennis on outdoor courts....and then learn basic ice skating techniques (falling down and getting up, marching, swizzles, snowplow stops and more) through skating lessons and public skating sessions every day. Meet by the Cabin John outdoor tennis courts.

Cabin John Regional Park

48352	8-13yrs	5 Sessions	\$250	7/7	M-F	9:00am-3:00pm
48353	8-13yrs	5 Sessions	\$250	7/21	M-F	9:00am-3:00pm
48354	8-13yrs	5 Sessions	\$250	8/4	M-F	9:00am-3:00pm

Yesterday and Today on a Farm

Explore the world of historic and modern farming through activities and off-site field trips. Other activities may include canoeing, pontoon boat ride, arts and crafts, and more. Meet at Agricultural History Farm Park Activity Center.

Agricultural History Farm Park

48408	8-13yrs	5 Sessions	\$210	8/11	M-F	9:00am-3:00pm
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Week in the Park: Full Day

Our popular Week in the Park program includes indoor tennis, ice skating, snow sculpting, scavenger hunts, arts and crafts, bubble making, broomball on ice (hockey in shoes, with brooms and tennis balls), nature walks and much more! Meet at the Wheaton inline skating rink.

Wheaton In-Line

48209	6-13yrs	5 Sessions	\$260	6/23	M-F	9:00am-5:00pm
48210	6-13yrs	5 Sessions	\$260	7/7	M-F	9:00am-5:00pm
48211	6-13yrs	5 Sessions	\$260	7/14	M-F	9:00am-5:00pm
48212	6-13yrs	5 Sessions	\$260	7/21	M-F	9:00am-5:00pm
48213	6-13yrs	5 Sessions	\$260	7/28	M-F	9:00am-5:00pm
48214	6-13yrs	5 Sessions	\$260	8/4	M-F	9:00am-5:00pm
48215	6-13yrs	5 Sessions	\$260	8/11	M-F	9:00am-5:00pm
48216	6-13yrs	5 Sessions	\$260	8/18	M-F	9:00am-5:00pm

Week in the Park: A.M

Can't do a full day? Join us for the morning session, 9:00am-2:00pm! See above for full description. Meet at the Wheaton inline skating rink; pick up kids at Wheaton (Indoor) Ice Arena.

Wheaton In-Line

48199	6-13yrs	5 Sessions	\$175	6/23	M-F	9:00am-2:00pm
48200	6-13yrs	5 Sessions	\$175	7/7	M-F	9:00am-2:00pm
48201	6-13yrs	5 Sessions	\$175	7/14	M-F	9:00am-2:00pm
48202	6-13yrs	5 Sessions	\$175	7/21	M-F	9:00am-2:00pm
48203	6-13yrs	5 Sessions	\$175	7/28	M-F	9:00am-2:00pm
48204	6-13yrs	5 Sessions	\$175	8/4	M-F	9:00am-2:00pm
48205	6-13yrs	5 Sessions	\$175	8/11	M-F	9:00am-2:00pm



Summer Camps - Tennis

Tennis Camp: Beginner/Beginner Plus

Skills taught at this level include: warm-up exercises, proper racquet use and stroke technique, fundamental hitting skills (grounds, lobs, volleys, serve and overhead shots). Students will learn the basic safety rules, court etiquette, and some of the vocabulary of tennis.

Cabin John Indoor Tennis

48249	7-12yrs	5 Sessions	\$100	6/16	M-F	8:00am-10:00am
48259	7-12yrs	5 Sessions	\$100	6/16	M-F	1:00pm-3:00pm
48250	7-12yrs	5 Sessions	\$100	6/23	M-F	8:00am-10:00am
48260	7-12yrs	5 Sessions	\$100	6/23	M-F	1:00pm-3:00pm
48251	7-12yrs	4 Sessions	\$80	6/30	M-Th	8:00am-10:00am
48262	7-12yrs	4 Sessions	\$80	6/30	M-Th	1:00pm-3:00pm
48252	7-12yrs	5 Sessions	\$80	7/7	M-F	8:00am-10:00am
48263	7-12yrs	5 Sessions	\$100	7/7	M-F	1:00pm-3:00pm
48253	7-12yrs	5 Sessions	\$100	7/14	M-F	8:00am-10:00am
48264	7-12yrs	5 Sessions	\$100	7/14	M-F	1:00pm-3:00pm
48254	7-12yrs	5 Sessions	\$100	7/21	M-F	8:00am-10:00am
48265	7-12yrs	5 Sessions	\$100	7/21	M-F	1:00pm-3:00pm
48255	7-12yrs	5 Sessions	\$100	7/28	M-F	8:00am-10:00am
48266	7-12yrs	5 Sessions	\$100	7/28	M-F	1:00pm-3:00pm
48256	7-12yrs	5 Sessions	\$100	8/4	M-F	8:00am-10:00am
48267	7-12yrs	5 Sessions	\$100	8/4	M-F	1:00pm-3:00pm
48257	7-12yrs	5 Sessions	\$100	8/11	M-F	8:00am-10:00am
48268	7-12yrs	5 Sessions	\$100	8/11	M-F	1:00pm-3:00pm

Tennis Camp: Intermediate/Advanced

Students at this level will review the fundamentals of tennis skills and learn advanced techniques in different strokes, service return, when and where to hit the ball, and how to keep score. Ground strokes, lobs, volleys, overheads and baseline rallying, advanced tennis strategy and etiquette will also be taught.

Cabin John Indoor Tennis

48269	7-12yrs	5 Sessions	\$100	6/16	M-F	10:00am-12:00pm
48279	7-12yrs	5 Sessions	\$100	6/16	M-F	3:00pm-5:00pm
48270	7-12yrs	5 Sessions	\$100	6/23	M-F	10:00am-12:00pm
48280	7-12yrs	5 Sessions	\$100	6/23	M-F	3:00pm-5:00pm
48271	7-12yrs	4 Sessions	\$80	6/30	M-Th	10:00am-12:00pm
48281	7-12yrs	4 Sessions	\$80	6/30	M-Th	3:00pm-5:00pm
48272	7-12yrs	5 Sessions	\$100	7/7	M-F	10:00am-12:00pm
48282	7-12yrs	5 Sessions	\$100	7/7	M-F	3:00pm-5:00pm
48273	7-12yrs	5 Sessions	\$100	7/14	M-F	10:00am-12:00pm
48283	7-12yrs	5 Sessions	\$100	7/14	M-F	3:00pm-5:00pm
48274	7-12yrs	5 Sessions	\$100	7/21	M-F	10:00am-12:00pm
48284	7-12yrs	5 Sessions	\$100	7/21	M-F	3:00pm-5:00pm
48275	7-12yrs	5 Sessions	\$100	7/28	M-F	10:00am-12:00pm
48285	7-12yrs	5 Sessions	\$100	7/28	M-F	3:00pm-5:00pm
48276	7-12yrs	5 Sessions	\$100	8/4	M-F	10:00am-12:00pm
48286	7-12yrs	5 Sessions	\$100	8/4	M-F	3:00pm-5:00pm
48277	7-12yrs	5 Sessions	\$100	8/11	M-F	10:00am-12:00pm
48287	7-12yrs	5 Sessions	\$100	8/11	M-F	3:00pm-5:00pm





How to Register for a Montgomery Parks Summer Camp:

1) Set up your ParkPASS account:

- a. Visit www.ParkPASS.org to set up your account online
(Please note: It may take up to 48 hours for your account to be activated.)
- b. If you need help, contact the ParkPASS Help Desk at 301-495-2580, M-F, 10am-2pm.
- c. Visit one of our ParkPASS facilities (see the Facilities Directory on pages 108-109).

2) Register for your camp/s:

- a. Online: 24 hours a day, seven days a week at www.ParkPASS.org.
- b. By mail: Fill out the registration form located on page 156 of this Guide and mail it to the appropriate ParkPASS facility.
- c. By phone: use the ParkPASS automated phone registration system at 301-962-1477 (not available for all programs). Have your ParkPASS account number and the pin number for each person you wish to register on hand.
- d. In person: Visit any of our ParkPASS facilities (see the Facilities Directory on pages 104-105).

3) Fill out a Summer Camp Participant Information Form:

- a. Download forms from our website
 - Download and print out the required forms at www.ParkPASS.org
 - Submit forms via fax, mail, or in person to the appropriate ParkPASS facility.
 - Copies are acceptable
- b. Pick up a copy of the forms at one of our ParkPASS facilities
 - Submit forms via fax, mail, or in person at the appropriate ParkPASS facility.
 - Copies are acceptable

All participants registering for Montgomery Parks Summer Camps must complete a participant information form. If a participant will require medication during a summer camp session, a medication form must also be completed. Please submit/send all completed forms to the facility offering the camp or program you want.

Montgomery Parks Camp Refund Policy

If Montgomery Parks has to cancel a Summer Camp, you will be notified and receive a full credit on your ParkPASS account – or, at your request, a refund.

In order to withdraw from a Montgomery Parks Summer Camp, please do the following:

1. For camps that do not involve offsite trips, submit a written request to the hosting facility at least four weeks prior to the start of the camp. You may elect to receive a full credit to your ParkPASS account for any future program, or a refund (less a 20% refund administrative fee). If your written request is received less than four weeks before the start of the program, no credit or refund will be issued.
2. For camps that *do* involve offsite trips, submit a written request to the hosting facility at least four weeks prior to the start of the program. If the facility is able to fill your spot from the program's waitlist, you may elect to receive a full credit to your ParkPASS account to use for future programs, or a refund (less a 20% refund administrative fee). If the facility is unable to fill your spot, no credit or refund will be issued.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Check refunds may take two to four weeks to process.

PLANNING IN MONTGOMERY COUNTY

The Maryland-National Capital Park and Planning Commission works to foster and sustain a high quality of life for those who live and work in Montgomery County.



Protecting the Land

More than two decades ago, Montgomery County officials preserved a 93,000-acre Agricultural Reserve in one of the nation's most ambitious conservation projects near an urban area. In all of its work, the county's Planning Board and planning staff strives to place development close to mass transit systems to combat traffic congestion and retain open space as a way to create desirable communities.



About County Parks

The Maryland-National Capital Park and Planning Commission plans, acquires, develops, maintains and operates the county's highly acclaimed park system. That system features close to 33,000 acres of parkland and more than 400 parks. Approximately two-thirds of county regional parks remain undeveloped to help protect natural resources. Learn more at www.montgomeryparks.org.



Master Plans

To build hassle-free roads, consider new development, create parks and open space, and preserve historic landmarks, county planners draft master plans for each community. A master plan guides development by taking a forward look at the community's needs. Master planners need help from you! To find out more, go to www.mcparkandplanning.org/community or call (301) 495-4555.



Planning Board

The Montgomery County Planning Board holds public meetings on most Thursdays to review potential development project and make land use decisions. We actively invite the community to participate and testify during public hearings. For more information about items coming before the Board, go to www.mc-mncppc.org/board/agenda or call (301) 495-4600.

For more information about Montgomery County planning, go to www.montgomeryplanning.org or call (301) 495-4600.

Para información en español, llame al (301) 495-4612.

Montgomery Parks Registration Information

Maryland-National Capital Park and Planning Commission

Before You Register

- Open a ParkPASS account at ParkPASS.org.
- Allow up to two (2) business days to receive the ParkPASS email with your new Customer Number/s and Account PIN.

Ready to Register?



Online

Online registration is available at ParkPASS.org 24 hours a day, beginning at 12:01 a.m. on the first day of registration. Have your ParkPASS customer number and PIN number on hand, and go to ParkPASS.org. You may view courses and activities, sign up for a course, make a payment, and view your course registration/s.



In Person or by Mail

Complete the "Parks" section of the registration form on page 156 (at bottom of page, in green). Take the completed registration form in person to any ParkPASS facility, or mail the form to the facility offering the course you want (copies of the form are accepted). See pages 104-105 for a list of Montgomery Parks facility addresses, phone numbers and web sites.



By Phone

Call the ParkPASS automated phone registration system at 301-962-1477, and follow the prompts. Telephone registration is available 24 hours a day, beginning at 12:01 a.m. on the first day of registration. Be sure to have your ParkPASS customer number, Account PIN number and course number/s at hand before you call.

Payment Information

- Full payment must be made at the time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (automated registration at 301-962-1477), or online at www.ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- Financial assistance: A 50% fee reduction on programs is available to eligible Montgomery County residents. See www.ParkPASS.org for information and application form.
- Remember, you can stop by any of our ParkPASS facilities (see pages 104-105) and register in person or make a payment on your ParkPASS account. These funds will then be available to you next time you call or log on to register using ParkPASS.
- Rest assured that your account information is secure; Montgomery Parks uses the latest in payment security. Collection and retention of customer information is confidential. We do not give, share, sell, transfer, or rent any personal information to third parties.

Refund Policy

- In the event that Montgomery Parks cancels a course, you will be notified and will receive a full credit on your ParkPASS account or, at your request, a full refund.
- In order to withdraw from a course, submit a written request to the hosting facility. If it is received at least one business day before the course begins, you may elect to receive a full credit to your ParkPASS account for future courses, or a refund less a 20% administrative fee. For courses with fees less than \$10, you will receive a credit to your ParkPASS account only; no refunds will be given.
- If your written withdrawal request is received the day of the course, no refund will be given for that class. If the course has multiple classes and you submit a written request after the first class, you will receive a credit to your ParkPASS account or a refund for the remaining classes less a 20% administrative fee. No credit or refund will be issued after the second class in a series has met.
- No refund or credit will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of the course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Please allow 3-4 weeks to receive check refunds.
- Some activities have different refund/withdrawal policies that supersede this standard policy.

Questions?

If you have a question about a specific course or activity, call the facility offering the course (see pages 104-105 for phone numbers). If you have a question about the ParkPASS system or your ParkPASS account, call the ParkPASS Help Desk Monday-Friday, 10am-2pm, at 301-495-2580, or email us at MCP-ParkPASSHelp@MontgomeryParks.org.

Confirmation

Confirmation letters are not mailed. If you register online, you may want to print out the confirmation message you receive on ParkPASS. Otherwise, you may call the facility directly (see pages 104-105 for facility phone numbers).

REGISTRATION INFORMATION

Montgomery County Recreation Department

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>.



STARline members may register by using our telephone automated registration system. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off



Full Service in person

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099

Phone: 240-777-6840

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 91).

- Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, at left.)
- Non-county residents must pay an additional \$10.00 per participant per activity.
- Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.
- Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.
- The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.
If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Cancellation Policy: The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Payment Information

Withdrawal and Refund Guidelines

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a Written Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCRD, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per program plus a pro rated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund.

Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Don't Be Confused!

Montgomery County **Department of Recreation** and Montgomery County **Department of Parks** are two separate agencies, with separate customer records, course enrollment guidelines, etc. We publish the Guide together, so that you can get information about all the great Montgomery County courses in one handy Program Guide. Just remember...



= BLUE



= GREEN

RECREATION courses are on the **BLUE** tabbed pages at the front of the Guide. **PARKS** courses are on the **GREEN** tabbed pages in the second half of the Guide. Same thing for the registration form: **RECREATION = BLUE, PARKS = GREEN**

- ➔ Want to enroll in a **RECREATION** course?
Read the registration information on **page 154**, then fill out the **BLUE** section of the registration form.
- ➔ Want to enroll in a **PARKS** course?
Read the registration information on **page 153**, then fill out the **GREEN** section of the registration form.
- ➔ Want to enroll in **BOTH** a **PARKS** course and a **RECREATION** course?
 1. Make a copy of the registration form (or as many copies as you need).
 2. Fill out the **GREEN** section for the **PARKS** course and mail or bring it to the appropriate Parks facility with your payment (see page 153 for details).
 3. Fill out the **BLUE** section for the **RECREATION** course, and fax, mail, or bring the form in person to the appropriate Recreation location (see page 154 for details).

Got a question? Call us!

240-777-6840 • RECREATION

301-495-2580 • PARKS



This form may be duplicated.

Main Contact

Last Name _____ Middle Initial _____
First Name _____
Birth Date _____ Gender _____
Street Address _____
City _____ State _____ ZIP _____
Home Phone _____ Work Phone _____
Cell Phone _____ Email _____

Payer Information (Name)

Address _____ Phone _____
City _____ State _____ Zip _____

SIGN UP BELOW FOR RECREATION PROGRAMS (Blue Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	School Attending	Class/Activity Title	Course Number	Location	Start Date	Start Time	Recreation Dept. Fee

RECREATION

☐ Check or Money Order payable to **MCRD**

Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

☐ MasterCard or Visa Cardholder Name (print) _____

Number _____

Exp date _____

Signature _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing the Recreation portion of this form, please call 240-777-6840.

If you are a non-resident, include an additional \$10 per participant for each activity:

RECREATION Programs Fee Total: _____

SIGN UP BELOW FOR PARKS PROGRAMS (Green Section) ONLY

Participant's Name (last, first)	Birth Date	Gender m/f	Class/Activity Title	Course Number	Location	Start Date	Start Time	Parks Fee

PARKS

☐ Check or Money Order payable to **M-NCPPC**

Please mail or bring this form to the ParkPASS facility offering the course/s you want (see pages 104-105 for facility locations).

Or register online at ParkPASS.org! Questions about Parks courses or registration? Call us at 301-495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program. MCRD & M-NCPPC assume no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, MCRD & M-NCPPC encourage each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to MCRD & M-NCPPC use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____

Date _____

Registration Form

Additional Family Members

1) _____
2) _____
3) _____

First Name	Birth Date mm/dd/yy	Gender M/F	Grade

Save Time
Register Online



Montgomery County Celebrates July 4th

A stylized illustration of a crowd of people, mostly children, seen from behind, looking up at a night sky filled with colorful fireworks. The fireworks are in shades of blue, purple, orange, and yellow. The crowd is rendered in dark silhouettes with some internal shading to suggest movement and excitement.

Mid-County Sparkles

Einstein High School
11135 Newport Mill Road
Kensington, MD

- ★ 7:30pm Live music, children's games
- ★ 9:15pm Fireworks

Germantown Glory

South Germantown
Recreational Park
18041 Central Park Circle
Boys, MD

- ★ 9:30pm Fireworks

Entertainment * Fireworks * Fun
FREE

For information, call 240-777-6820, montgomerycountymd.gov/rec





Montgomery Parks

Summer Camps

ParkPASS.org



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Right Price • Right Programs**

**Montgomery
Parks**
M-N-C-P-C
It's all right here!



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, Maryland
20902

PRSRT STD
US Postage Paid
Rockville, MD
Permit No. 138



Montgomery County Recreation Department
recycles paper, bottles, and cans in our programs.

or current resident